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LEARNING CURVE
{page 30}

SHORT CUT
KELLY PONDERS PROCEDURE
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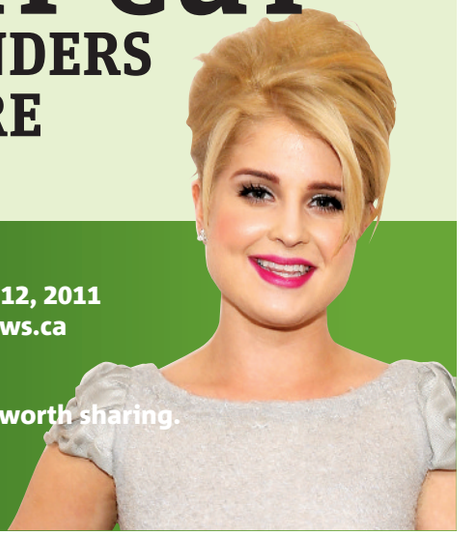

TORONTO metro®
Tuesday, April 12, 2011
www.metronews.ca
News worth sharing.

Film. Friends

▶ Actors Zach Braff, centre, and Isabelle Blais, left, pose with director Deborah Chow before a private screening yesterday of The High Cost Of Living at the TIFF Bell Lightbox.

CENTRAL IMAGE AGENCY INC.

Warm-up for premiere

Deborah Chow's first feature, The High Cost Of Living, stars Zach Braff and Isabelle Blais. The film, which was shot in Montreal, opens in Toronto April 22.

G8 fund paid for pork: AG

Draft excerpt of report reveals industry minister, manager of Deerhurst Resort and mayor of Huntsville ignored summit's needs in choosing 32 projects that received federal funding

In Toronto, the legacy of the G20 summit is class-action lawsuits, bruised civilians and business owners looking for federal compensation.

In Huntsville, it is more public skating days, spacious change rooms and a great alternative to mall walking — all subsidized by the G8 Legacy Infrastructure Fund.

Yesterday, the Canadian Press cited a draft of a chapter from a report by Canada's auditor general that suggested the Harper government misinformed Parliament to win approval for a $50-million G8 fund that lavished money on dubious projects in a Conservative riding.

According to federal records from February, the town's rechristened Canada Summit Centre, whose grand wooden portico with stone accents lends the vibe of an upscale resort to what is ostensibly a sports complex, was built with $17.1 million from the G20 fund, making it the most expensive venue built.

"Up in Huntsville they got all the money and nothing happened — no scuffles, nothing. Down here, we had heads cracked, windows broken ... and we got virtually nothing. It's disgusting."
TORONTO COUN. PAULA FLETCHER

In downtown Huntsville yesterday, Mayor Claude Doughty held a press conference in front of a G8 summit banner to dismiss the allegations that he got together with Industry Minister Tony Clement and the Deerhurst Resort general manger to make arbitrary funding decisions.

On the other side of town, near a dentist's office and not much else, the flags of the G8 countries fly amid landscaped rocks and shrubs where a patch of grass used to be.

Inside the office, a man jokes with the staff that they should take promo pictures of beautiful smiles in front of the flags.

"It's all, 'Vote for me,'" the man says, referencing the upgrades. "If I got in, I'd do the same thing. So would you."

He didn't want to give his name.

TORSTAR NEWS SERVICE

20-Minute Makeover

Pitch in **Friday, April 15 at 2 p.m.** and help clean litter from our streets. Reuse a small plastic bag from home to collect your litter. Beginning March 25, get free gloves and GLAD® garbage bags – to hold your small full bags – from participating Pizza Pizza outlets and Toronto Community and Civic Centres (extra gloves available only at community/civic centres) while supplies last.

Visit toronto.ca/litter to see if your GTA community is participating in the 20-Minute Makeover.

The next day, on **April 16**, you can tidy up your neighbourhood as part of Mayor Rob Ford's Community Clean-up Day. Register your group by April 8 to arrange litter pickup for either event at **toronto.ca/litter** or **call 311**.

And don't forget about graffiti. If you see graffiti vandalism in your neighbourhood, call 311.

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Fight your parking tickets by email

What's worse than getting nailed with a parking ticket? Fighting that ticket within 15 days, at one of just four locations, between the hours of 8:30 a.m. and 4:30 p.m.

But that seemingly antiquated process has moved into the 21st century.

Last week, Toronto introduced an option to dispute parking tickets electronically, via email or fax. The only tickets that qualify, however, are parking machine violations, according to Anthony Fabrizi, manager of parking operations.

"In many cases, the customers have proof that they've paid," Fabrizi said. "Either the officer didn't see it, or the customer walked away with the ticket in their pocket, or the machine is broken."

Fabrizi added that rush hour parking tickets can't be fought this way.

A valid receipt with a ticket is proof enough. But photos of broken machines and other evidence will be also be considered.

TORSTAR NEWS SERVICE

Instructions

The city has set up a website, toronto.ca/pay-toronto-tickets/disputes.htm.

- Submit evidence to support your case with the ticket to parkingmeters@toronto.ca, or if you still use a fax, feed in the documents and dial 416-696-3652.
- After the parking authority investigates, the city will send its decision via email, phone call or snail mail.
- If your proof isn't strong enough, you can fight the ticket at a trial. But you will have to request that trial in person.

Joes go toe to toe in coveted city riding

Tories working overtime to attract Liberal voters in Eglinton-Lawrence, one of 10 locations on Conservative party's hit list of vulnerable ridings

Election 2011

At the centre of one of the most important political races in the country are two very different and not-so-average Joes.

One wants to hold on to the job he's had for 23 years.

The other is seeking to accomplish an unprecedented feat: Crack Fortress Toronto and win his party a coveted seat in the city's core.

"It would reverberate nationally," Conservative candidate Joe Oliver says.

"What it'll signal is that ... the Liberal fortress has been crumbling. It would be pretty significant."

Pretty significant indeed. But Oliver, 70, isn't counting his chickens yet.

He is up against longtime incumbent Joe Volpe, 63, who has held Eglinton-Lawrence for the Liberals since 1988, slamming rivals in elections past. But Volpe's support has dwindled in recent years.

Last time around, Oliver shrank the incumbent's margin of victory to a slim 2,060 votes — the narrowest Liberal win within the city. TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ Conservative Joe Oliver talks to supporter Betty Sgro yesterday as he campaigns on the streets of north Toronto.

1 news

Spring means familiar insects emerge again, but some pose real health risks. Scan code for story.

On the web at metronews.ca

Allan Small on why investors should keep a wary eye on rising oil prices. More at metronews.ca/investing

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Getting ready for a summer of construction

Pothole filling continues, with more than 73,000 fixed this year toward a goal of 237,000

Toronto will be rife with roadwork again this summer, but motorists will have a new website to warn them of closures and a pledge that work will be co-ordinated to keep disruptions to a minimum.

Denzil Minnan-Wong, chair of the city's public works and infrastructure committee, announced the changes yesterday to reporters at a news conference.

"It is critical that, with the amount of work taking place, we continue to coordinate it very carefully in order to keep disruptions to a minimum," he said.

Minnan-Wong said the new website will notify residents of planned and emergency road construction, travel conditions and special events across the city.

Some of the projects are on well-used links such as Pottery Road between Broadview and Bayview avenues, which will be reconstructed this year. There will be a lot of signs to warn motorists.

"We want people to know construction is coming and to take alternative routes if they can," said Myles Currie of the transportation services division.

The Victoria Park and Pottery Road projects involve reconstruction, which takes much longer, and at $3 million per kilometre is three times more expensive than simple repaving, Minnan-Wong said.

TORSTAR NEWS SERVICE

Major projects

For its part, the city will try to schedule work so routes parallel to a major project remain clear. Some $130 million will be spent on roads and bridges this year. Some of the major projects include:

- **Dundas Street** from Dovercourt Road to Howard Park Avenue.
- **Victoria Park Avenue** from Highway 401 to Finch Avenue.
- **Humber College Boulevard** from Highway 27 to Carrier Drive

JAYME POISSON/TORSTAR NEWS SERVICE

▶ Construction continues on Roncesvalles Avenue. Businesses on Roncesvalles had been looking forward to completion of a two-year project to beautify the street.

Vancouver alters program ingredients

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Young Jin Kim, with her son, is one of the few Toronto vendors to have success with the city's a la Cart program.

The City of Vancouver is using Toronto's "a la Cart" street-food pilot project as an instructive model — of what not to do.

"What we found is that there were a number of things we could learn from Toronto, from the experience there, that we didn't want to replicate," said Sadhu Johnston, a Vancouver deputy city manager.

Vancouver's street-food program, which stumbled out of the gate last summer but seems to be on track with newly added vendors serving everything from panko-breaded oysters to Baja-style tacos, learned from Toronto not to be "too prescriptive" about rules and regulations.

But mostly the West Coast city learned not to force participating vendors to buy a particular cart or truck, as has been the case in Toronto.

TORSTAR NEWS SERVICE

Framework

- **Investment** Coun. Cesar Palacio, head of Toronto's municipal licensing and standards committee, would like to absorb the a la Cart vendors into the existing framework for hot-dog and French fry vendors, so they can continue working to pay off their investment.

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TTC's new service czar braces for bumpy ride

Chris Upfold's biggest challenge will be influencing senior managers with a customer-service focus: Observers

People think the London Underground operates on electricity, but it actually runs on tea, Chris Upfold says with a laugh and a defiant slug of Canadian coffee.

After 10 years of working for the Tube, Upfold is coming home in May to the Goliath task of fixing the TTC's customer service. His arrival is the most tangible sign yet that the 18-month war between the TTC and its riders may have reached an uneasy truce.

While the headlines about rude, unprofessional transit workers have abated, Upfold won't have an easy ride. **TORSTAR NEWS SERVICE**

TTC role

- **Service troubles** As chief of customer service, Chris Upfold, 37, is supposed to administer most of the 78 recommendations prescribed in last year's blue panel report on the TTC's service troubles.
- **Fare increases** Upfold has managed transit travails from strikes and fare increases to the redeployment of 600 ticket office workers displaced by automation.

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ The TTC's new customer service chief, Chris Upfold, who is in town from London, England, checks out the subway before he starts his position next month.

Woman strangled so she couldn't identify rapist: Crown

Admitted killer Christopher Hurd denied yesterday that he took Loretta Lavalley's life to prevent her from identifying him as the man who beat and raped her.

"I don't know what my intentions were," Hurd told Crown attorney Steve Sherriff in a Brampton courtroom. "I don't know what I was thinking."

Sherriff suggested Lavalley would have recognized the tattoos on his neck so he had to kill her.

TORSTAR NEWS SERVICE

▶ Loretta Lavalley, 36, was severely beaten and strangled in 2008.

"If you let her live you would have left behind a witness," Sherriff told Hurd as he cross-examined him for a second day in front of jurors. "How would you get away if she lives?"

But Hurd insisted he has no idea what was going through his mind when he killed the stranger just after midnight in the early hours of Nov. 30, 2008. He also wasn't thinking about getting away with his violent sexual assault despite a fierce struggle with police. He needed to be Tasered four times before being subdued.

Hurd, 30, has admitted he killed Lavalley, 36, in her ground floor Brampton apartment and is guilty of manslaughter. But he has pleaded not guilty to first-degree murder, insisting he was too drunk and too stoned to form the necessary intent to commit murder. **TORSTAR NEWS SERVICE**

Crown's take

- **911** Crown attorney Steve Sherriff said the evidence is that police entered three minutes after the phone stopped ringing. The caller was a 911 operator.
- **Screaming** "On the 911 tape, Loretta is still making sounds (screaming) long after the phone stops ringing," Sherriff said.

Man killed in pasta factory

A 26-year-old man is reported dead after an industrial accident at a pasta factory in west-end Toronto.

Emergency officials say the man fell into some machinery at Pasta Quistini Inc. and died at the scene.

The business is located at 1700 Ormont Dr., near Weston Road and Steeles Avenue West.

The identity of the victim is unknown.

Toronto police say the Ministry of Labour has been called in to investigate. **THE CANADIAN PRESS**

DARREN CALABRESE/THE CANADIAN PRESS

▶ An officer tears down police tape yesterday following the closure of a portion of Yonge Street due to falling glass.

Section of Yonge reopens

A section of Yonge Street was reopened to traffic yesterday after a large pane of glass fell from a Toronto office building.

Several cars were damaged but no injuries were reported in the incident that closed a stretch of Yonge Street south of Eglinton Avenue.

The window pane fell from the 15th floor of an office tower above a Mandarin Chinese Buffet. **THE CANADIAN PRESS**

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Putting myths to bed about prostate cancer

- Santé Soirée is an evening of education about prostate cancer for the black community
- Prostate cancer is the second leading cause of death in men; lung cancer is the first
- African-Canadians are at greater risk of contracting the disease

MARK HERBERT
NEWS@METRONEWS.CA

Healthy libido or good health — those are the options facing many men in their 40s.

SWAY Magazine and Prostate Cancer Canada have joined forces to help men in the black community understand that having one doesn't mean losing the other.

Santé Soirée takes place tomorrow at 7 p.m. inside Embassy Night Club with hosts Devine Brown and comedian Trixx. The event will feature performances from Brown, Silver (a.k.a. Solitair), Mac Graham and Liberty Silver.

Prostate cancer is a serious illness within the black community and men are 65 per cent more likely to contract the disease, which is why organizers say this fundraiser is so necessary in order to dispel some of the associated myths.

"We need to show people that there is no shame in having a disease," said Dr. Winston Isaac, associate professor and director of the Ryerson School of Health Services Management.

A lot of men fear their sex drive will be impacted if they require prostate surgery.

Isaac said it is necessary to use the right language in order to break the stigma attached to the topic of prostate cancer and early detection is key to a full recovery.

"Treating the disease does not make you gay," Isaac said. "You just had surgery and you have to heal."

The event coincides with SWAY's spring edition and the magazine is happy to be paired with Prostate Cancer Canada to spread the word.

"We're thrilled that they have chosen to partner with Sway to get the awareness out there," said Alan Vernon, publisher/editorial director.

"It's the perfect fit for us."

Santé Soirée

- **Embassy Night Club** 117 Peter St.
- **Tickets are $20**, and includes a 1-year subscription to SWAY Magazine with partial proceeds going to Prostate Cancer Canada
- **For more information** on men's health, visit thewalnutfoundation.com
- rsvp@kimgraham.ca

▶The event will feature performances from Devine Brown, Silver (a.k.a. Solitair), Mac Graham, above, and Liberty Silver.

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▶ Devine Brown, above, and comedian Trixx will co-host Santé Soirée tomorrow.

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Ousted Grit still in race

THE CANADIAN PRESS

▶ André Forbes

Whether Michael Ignatieff wants him or not, a jettisoned Liberal candidate is running under the Grit banner.

The Liberal leader booted Quebec candidate André Forbes from the party last week over allegations he once described aboriginal people as "featherheads" and questioned their work ethic.

But Forbes has refused to pull out of the race, which means he will remain a Liberal on the ballot in the northern Quebec riding of Manicouagan.

A spokesman for Elections Canada said the Liberals cannot run another candidate in the riding because Forbes' name was still on the list after Monday's nomination deadline.

Canadian electoral law states a candidate cannot switch parties after submitting the necessary paperwork.

"I'm staying on as a candidate, so in other words, the party doesn't have a candidate anymore — I'm in the chair," Forbes said Monday in a phone interview from Sept-Iles, about 650 kilometres northeast of Quebec City.

THE CANADIAN PRESS

PM 'CAN'T

Ignatieff: No Tories have turned deficit to surplus since Sir John A. 'I welcome a debate about fiscal prudence'

Election 2011

Liberal Leader Michael Ignatieff is hoping the leaders' debates will produce an "A-Ha" moment exposing what he says are Stephen Harper's undemocratic practices.

"I hope there is an A-Ha moment when people discover Stephen Harper can't be trusted to respect our democratic institutions," he told the media at a campaign event in Kingston yesterday.

Ignatieff has criticized Harper throughout the campaign over the fact the Conservatives were found in contempt of Parliament, shut down Parliament in 2008 to avoid being defeated in the Commons, and now face charges of election fraud by Elections Canada.

And Ignatieff is expected to go after Harper in tonight's debate over a leaked draft report from the federal auditor general. It indicated that many projects the Conservatives paid for out of a $50-million G8 fund in Tony Clement's riding of Parry Sound-Muskoka were not connected to the summit.

Ignatieff said the report confirmed "they'd been spraying money around like drunken sailors in Tony Clement's riding."

Talking about the upcoming debates, Ignatieff said they also could produce an "A-Ha" moment when viewers might decide "it is not right to throw a young 19-year-old … out of a public meeting just because she has Facebook friends the prime minister doesn't like." It was a reference to an April 3 event at a Harper rally in London.

During his years living abroad, Ignatieff voted at least once in Britain, he told reporters. He explained this was a privilege of being a citizen of a Commonwealth country.

THE CANADIAN PRESS

BE TRUSTED': IGGY

DARRYL DYCK/THE CANADIAN PRESS

▶ Green party supporters wear T-shirts with Conservative party logos with the word "Crap" as Green party Leader Elizabeth May speaks yesterday during a rally in Vancouver.

Conservatives 'on the cusp' of majority: Poll

The Conservatives opened up a double-digit lead over the Liberals last week that put them within striking distance of a majority, a new poll suggests.

The latest Canadian Press Harris-Decima survey had Stephen Harper's party at 40 per cent, a healthy 12 points ahead of the Liberals, heading into the first of two televised leaders' debates.

The NDP were at 15 per cent, while the Bloc Québécois and the Greens both trailed at eight per cent each.

The latest numbers marked a significant departure from last week, when the Tories had only a seven point lead over the Liberals, 35-28.

12

The number of points the Conservatives are ahead of the Liberals according to the latest survey.

"They're right on the cusp of a majority," said Harris-Decima chairman Allan Gregg.

Whether Harper can win his first majority in four tries may depend, Gregg added, on the regional breakdown — particularly in the key battleground of Ontario —and his performance in the debates, which begin tonight.

THE CANADIAN PRESS

Pre-controversy

The telephone survey of 1,018 people was conducted between Thursday and Sunday.

- **As a result, the findings don't reflect** the latest controversy to hit the Harper government: Yesterday's leaked draft report pointing to dubious spending practices during last June's G8 summit in Ontario cottage country.
- **That controversy, however,** is widely expected to shape the direction of the debates, which get started tonight in English and continue tomorrow in French.
- **If Liberal Leader** Michael Ignatieff wants to significantly alter the trajectory of the campaign, the debates will be the time to do it, Allan Gregg said.

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News in brief

Journalists facing trial

BAHRAIN. Three former top editors of Bahrain's main opposition newspaper will face trial for "unethical" coverage of Shiite protests against the Sunni rulers, according to state media reports in the Gulf kingdom. Bahrain's official news agency said the top editors of Al Wasat newspaper have been charged with "publishing fabricated news," "harming public safety" and "damaging national interests." **THE ASSOCIATED PRESS**

Iran seeking more uranium

NEW REACTORS. Iran will need more enriched uranium to fuel the "four or five" new research reactors it is planning on building, the country's nuclear chief said yesterday. To fuel these reactors, Iran needs to continue enriching uranium to 20 per cent — something that alarms the West because the process could eventually be used to produce material for a nuclear weapon. **THE ASSOCIATED PRESS**

More bodies found in Mexico

TAMAULIPAS. A suspect in the kidnapping and killing of bus passengers near the U.S. border led Mexican soldiers to another set of graves containing 16 bodies, bringing to 88 the number of corpses found in mass pits in the northern state of Tamaulipas. The latest batch of bodies was found in four pits in the township of San Fernando, where prosecutors had previously found 72 corpses in 10 pits, the Defence Department said in a statement Sunday. **THE ASSOCIATED PRESS**

FIRST DAY

- New law applies to French citizens and visitors
- Veiled women risk $215 fine or citizenship classes

France put into motion yesterday the world's first ban on Islamic face veils, meaning that women may bare their breasts in Cannes but not cover their faces on the Champs-Elysees.

Two veiled women were hauled off from a Paris protest just hours after the ban came into effect. Their unauthorized demonstration, on the cobblestone square facing Notre Dame Cathedral, was rich with both the symbolism of France's modern spirit of defiance and its medieval history.

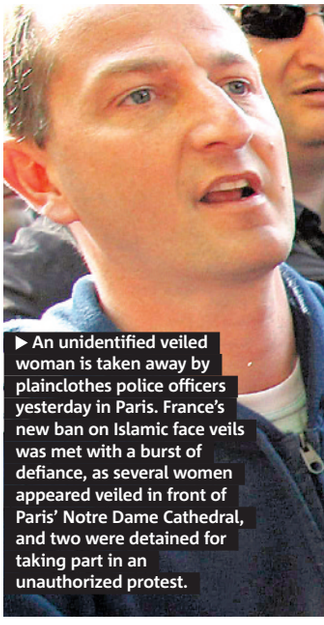
While some see encroaching Islamophobia in the new ban, President Nicolas Sarkozy's government defended it as a rampart protecting France's identity against inequality and extremism.

"I will under no circumstance stop wearing my veil."
KENZA DRIDER, WHO LIVES IN AVIGNON AND WEARS A NIQAB

"The law is very clear. Hiding your face in public places is cause for imposing sanctions," Interior Minister Claude Gueant said yesterday.

He said it defends "two fundamental principles: The principle of secularism and the principle of equality between man and woman."

The law affects barely 2,000 women who cloak themselves in the niqab, which has just a slit for the eyes, and the burqa, which has a mesh screen over the eyes, and it enjoyed widespread public support when it was passed last year. But it has worried French allies, prompted protests abroad and has come to epitomize France's struggle to integrate Muslim immigrants in recent generations. Moderate Muslim leaders in France and elsewhere agree that Islam does not require women to cover their faces, but many are uncomfortable with banning the veil.
THE ASSOCIATED PRESS



▶ An unidentified veiled woman is taken away by plainclothes police officers yesterday in Paris. France's new ban on Islamic face veils was met with a burst of defiance, as several women appeared veiled in front of Paris' Notre Dame Cathedral, and two were detained for taking part in an unauthorized protest.

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OF FACE VEIL BAN

MICHEL EULER/THE ASSOCIATED PRESS

New law will be hard to enforce: French police

French police have said the law banning face veils will be a challenge to enforce.

"The law will be infinitely difficult to apply, and it will be infinitely rarely applied, unfortunately," Emmanuel Roux of the police union SCPN said on France-Inter radio.

He said police have been instructed not to use force to remove the veils, and if a woman refuses to remove it, the police officer is meant to call the prosecutor for further legal action.

Only in very extreme cases, he said, would a woman be jailed for refusal to remove a veil.

The ban had strong support from France's parties on the left and right.

"It's not a racist law. It's just a law that is coming from the history of France and so you need to accept it if you want to integrate into France and with French people," insisted Laurent Berrebe, an economist walking in central Paris yesterday.

THE ASSOCIATED PRESS

Laws vary

A quick rundown on how various countries approach veils and headscarves.

- **Tunisia:** Headscarves and full veils are banned from public buildings and schools.
- **Syria:** President Bashar Assad last week reversed a decision that bans teachers from wearing the niqab, the full Islamic veil that reveals only a woman's eyes.
- **Germany:** Several states in the country, which has a large Muslim immigrant community, have banned teachers from wearing headscarves in public schools.
- **Switzerland:** Swiss Justice Minister Eveline Widmer-Schlumpf said in 2009 the government could "study a possible ban" of face-covering veils if more Muslim women begin wearing them. She said they make her feel "uncomfortable."
- **Spain:** Several Spanish towns have begun processes to prohibit the use of face-covering Islamic veils in municipal buildings but not in the street. There have been a handful of incidents involving schoolgirls wearing headscarves but they are not banned under any legislation.
- **Austria:** There are no laws banning headscarves but Muslim community officials say women are at a disadvantage professionally if they choose to wear one. The far-right Freedom Party has slammed headscarves and face-covering veils saying they "promote the oppression of women."

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SERGEI GRITS/THE ASSOCIATED PRESS

▶ A wounded blast victim is brought by rescuers to an ambulance yesterday in Minsk, Belarus.

Blast in Belarus subway kills 11

Deputy prosecutor general says attack was terrorist act, but further details not immediately released

An explosion tore through a key subway station in the Belarusian capital of Minsk during evening rush hour yesterday, killing 11 people and wounding 126. An official said the blast was a terrorist act.

President Alexander Lukashenko did not say what caused the explosion at the Oktyabrskaya subway station, but suggested outside forces could be behind it.

"I do not rule out that this gift could have been brought from outside," Lukashenko said.

The authoritarian leader, under strong pressure from the West over his suppression of the opposition, has frequently alleged outside forces seek to destabilize his regime.

An Associated Press reporter at the scene saw heavily wounded people being carried out of the station, including one person with missing legs.

Several witnesses told The Associated Press the explosion hit just as passengers were stepping off a train about 6 p.m. local time. The Oktyabrskaya station, where Minsk's two subway lines intersect, was crowded with passengers at the end of the work day.

The station is within 100 metres of the presidential administration building and the Palace of the Republic, a concert hall often used for government ceremonies.

Lukashenko visited the site about two hours after the blast and left without comment. He later ordered the country's feared police to "call in all forces and turn everything inside-out" to investigate the blast.

About five hours after the blast, Health Minister Vasily Zharko said 11 people were killed and 126 people were wounded, 22 of them severely.

One witness, Alexei Kiklevich, said at least part of the station's ceiling collapsed after the explosion.

THE ASSOCIATED PRESS

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‘A hellish sorrow’

Japan has piles of daunting challenges one month after devastating quake

HIRO KOMAE/THE ASSOCIATED PRESS

▶ Rui Sato, 2, shows off his key chain yesterday while playing with a Japan Red Cross member at an evacuation centre in Fukushima, Japan, a month to the day after an earthquake and tsunami struck Japan’s east coast.

One month after Japan’s earthquake and tsunami, the challenges seem as daunting as ever: Thousands are missing and feared dead, tens of thousands have fled their homes, a leaking nuclear plant remains crippled and powerful aftershocks keep coming.

Vast tracts of the northeast are demolition sites: The stuff of entire cities is sorted into piles taller than three-storey buildings around which dump trucks and earth-movers crawl. Ankle-deep water stagnates in streets, and massive fishing boats lie perched atop pancaked houses and cars.

“It’s a hellish sorrow,” said Numata Takahashi, 56, who escaped his home in Natori just before the waters came. “I don’t know where we’ll go, but I’m not coming back here ... We’ll go somewhere where there are no tsunamis.”

Two strong aftershocks have killed people and sunk thousands more households into darkness, while also delaying progress on restoring power to those in darkness since March 11.

Facing the prospect of massive shortfalls in the hot summer months, the government is asking companies to cut their consumption drastically or face mandatory energy caps.

The disaster is believed to have killed more than 25,000 people, but many of those bodies were swept out to sea and may never be found. Others lie near the nuclear plant, where radiation has slowed recovery efforts. So far, more than 13,000 deaths have been confirmed, while 13,700 names are still on the missing list.

THE ASSOCIATED PRESS

Chornobyl

▶ **Reports say Japan** has decided to raise the severity level of the crisis at the Fukushima Dai-ichi nuclear plant to 7 — the highest level and equal to the 1986 disaster at Chornobyl.

IVORY COAST

Former leader captured

Ivory Coast’s elected president used his troops and French tanks and air power to oust strongman Laurent Gbagbo, ending their four-month standoff yesterday by pulling him from his burning residence.

Images of Gbagbo being led into a room in a white undershirt were broadcast on television as proof of his capture, even as he refused to sign a statement formally ceding power after losing November’s election.

Residents of the commercial capital of Abidjan refrained from celebrating in public, still fearful of the hundreds of armed fighters that continued to prowl the streets, refusing to believe their leader had been arrested. Sporadic gunfire echoed across the city last night.

THE ASSOCIATED PRESS

Papal cross and ring to be auctioned

A jewelled cross and a ring once owned by Pope Paul VI are heading to auction on eBay.

The items have turned up at a U.S. store owned by a Southern Baptist.

It’s the latest stop on a journey involving luminaries ranging from former UN secretary general U Thant to Evel Knievel, and which began with Paul VI’s novel decision to allow some of his jewelry to be sold to raise money for charity.

THE ASSOCIATED PRESS

Egyptian tribunal jails blogger

An Egyptian military tribunal has convicted a blogger of insulting the army after he publicized reports of abuses by the military, sentencing him to three years in prison, human rights groups said yesterday.

The military court issued the sentence against Maikel Nabil Sanad, 26, a day earlier in the absence of his lawyers, according to a statement by seven Cairo-based rights groups.

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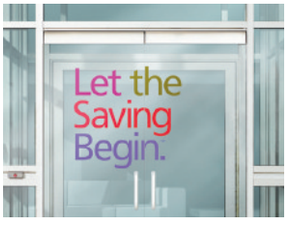

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Keep it clean and green, say health workers

Ads touting benefits of renewable energy to blanket western Ontario and Niagara newspapers

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Gideon Forman

Ontario's family physicians and nurses are launching an ad campaign to defend wind and solar power.

The province has pledged to shut coal plants by 2014. But an election is looming in the fall, and doctors and nurses are worried a new government might halt the phaseout.

"We want whoever's in power to know that doctors and nurses support this," said Gideon Forman, executive director of the Canadian Association of Physicians for the Environment.

The Conservatives have been highly critical of the province's Green Energy Act, which seeks to replace coal with renewables and conservation.

The health workers' ads back renewable power.

"Ontario doctors, nurses and other health professionals support energy conservation combined with wind and solar power, to help us move away from coal," the ads say.

Critics have said wind turbines can damage the health of those who live nearby. Forman questions the evidence for that. But even if true, he said, pollution from coal plants causes much worse damage, leading to 150,000 illnesses and 300 deaths per year in Ontario.

Wind power critics have also said that gas-fired plants must be built to offset the variability of wind. Forman counters that a mature renewable power sector with solar, wind and geothermal power can provide stability.

The ads are sponsored by the 10,000-member Ontario College of Family Physicians and the 31,000-member Registered Nurses' Association of Ontario, and by the Asthma Society of Canada and Ontario Lung Association.

The groups would like to see coal plants phased out even earlier than 2014, Forman said. **TORSTAR NEWS SERVICE**

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 211.57 (13,996.86)	+ 0.10 (104.55¢ US)	– $2.87 US ($109.92 US)	$4.108 US (+ 6.7¢ US)
			Gold contracts $1,468.10 US (– $6 US)

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She says ...

JESSICA NAPIER

MESSAGE OVERLOAD

I'm not what you would call technologically inclined. I collect old typewriters, scribble all my appointments in a moleskin notebook and every cellphone I buy malfunctions just a few days after the warranty expires.

But as much as I hate technology, I hate being out of the loop even more. And so, this weekend I reluctantly downloaded LivePro-file — a new instant messaging app for my BlackBerry. Do I need yet another way to host multiple conversations on my mobile? Of course not.

And, yet, it would appear that our generation's voracious appetite for instant messaging still hasn't been satisfied. This latest cross-platform service quickly surged to one million users in just five days after launching an app for BlackBerry users at the end of March.

So if you were having trouble connecting with me via BBM, SMS, Gmail chat, Facebook, Skype, LinkedIn, Twitter, email and, oh yea, the actual telephone, there is now a brand new way to reach me on whatever smartphone of choice you have glued to your sweaty palm. Ironically, the more ways there are to stay in contact, the less connected I feel.

My desire to join the conversation (wherever it might be) means that quality correspondence gives way to compulsion. I routinely experience phantom vibrations (Google it) and like Pavlov's poor canine, I start salivating at the very sight of a blinking red light.

The pressure to keep up with the rapid dialogue these technologies facilitate diminishes our ability to nurture meaningful relationships. We let cellphones become the intrusive third wheel on dinner dates and scan status updates and online photo albums instead of planning face-to-face catch-up sessions.

So, has this brave new world of mobile messaging left us entirely out of touch with reality? Maybe not.

Last week I received a handwritten letter from a long-distance friend. This small note probably took her less than 20 minutes to compose, seal, stamp and mail and yet it was infinitely more meaningful than 20 days worth of instant messaging.

I read it over no less than three times before carefully placing the pages on a pin board in my bedroom — a much more tangible keepsake holder than my virtual catalogue on Pintrest.com.

I'll preserve the letter like an ancient relic of a time gone by to remind myself that every once in a while there is real value in going offline. Because maintaining a constant stream of texts, tweets, pins and posts doesn't really seem like networking anymore, it just seems like work.

Read more of Jessica Napier's columns at metronews.ca/shesays

Letters

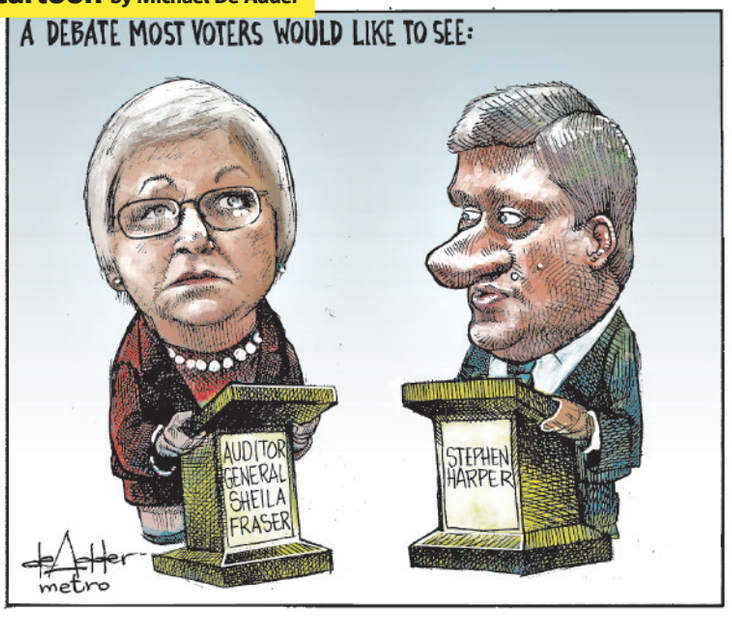
TORONTO. I don't know about anyone else, but I am getting a little tired of hearing how our government pulled one over on us again.

How much money has to be wasted on lavish dinners even though there are many program cuts, school cutbacks, and money spent on G8, G20, etc. ... the list goes on and on and seems to get worse with time.

Has no government learned from past overspending and scandals? How is it the government can figure out a way to get every last penny out of working class people, but they can't figure out a way to get $3,500 from former TTC chair Adam Giambrone? Garnish his wages as they do working class people when they owe money.

This is a tiring subject every day on the front page of the newspaper that people who make "a lot" of money have to depend on an expense account, which surely are funds that could be spent on making our city a better place to live. Front page news should be interesting and, of course, worthy news. Finding out we're duped again is depressing. **LINDA GRIFFITHS**

Cartoon by Michael De Adder



WEIRD NEWS

Bring apple for a teacher, snack for a judge

If you have to face a judge, try for first thing in the morning or right after lunch. A new study suggests that is when they are most lenient. Seeking to test the idea that justice depends on "what the judge ate for breakfast," researchers studied 1,112 rulings by Israeli judges who were presiding over boards deciding whether to grant parole to prisoners.

"We find that the likelihood of a favourable ruling is greater at the very beginning of the work day or after a food break than later in the sequence of cases," the researchers report in today's edition of Proceedings of the National Academy of Sciences.

They found that at the beginning of a court session about 65 per cent of the rulings tended to be in favour of the prisoner, but the chance of a favourable ruling declined to near zero by the end of the session. After a break for a meal, favourable rulings for the prisoners jumped back up to about 65 per cent, and then began declining again. And the pattern held true for each of the eight judges observed over 50 days, they noted. **THE ASSOCIATED PRESS**

metro life panel

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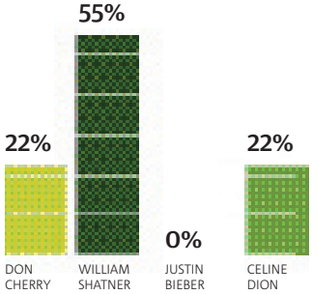
Forget the current federal leaders, who would make a better prime minister?



Local tweets

- **@deadmau5:** Where are my Toronto DJ's at? I'm cooking up a plan ;)
- **@lannon787:** beautiful graffiti on queen street east, Toronto ... the new mayor is trying to eliminate all graffiti ... don't destroy
- **@kali_carys:** #Toronto means hanging out with stage managers who are beautifully neurotic in familiar ways, seeing people i love, & lots of hair-noticing.
- **@rodney_1010:** I heard Toronto was havin bbq season while I was in miami ... Wtf is this??
- **@micktsikouras:** Golf weather in Toronto this early???? #SignMeUp
- **@kyapublishing:** Ahhhh! Just stepping outside for the first time since morning. Beautiful day! Here's the Toronto I love! #NoMoreSnowPlease!!
- **@myzzlayce:** Out of all the cities, Toronto appreciates the warm weather the most.
- **@missangeonair:** Just a taste of what Toronto has to offer this summer? #wet what an amazing day, I wore too much clothing.

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2 scene

Scene in brief

Reese Witherspoon mourns the loss of her privacy. The Oscar-winning actress says she sometimes sits in her car crying because she cannot go out in public as much as she'd like. Witherspoon says in the May issue of Vogue that although much of her life belongs to other people, but she wouldn't trade it.
THE ASSOCIATED PRESS

Rutgers students seek Bruce Springsteen to help polish school's image, counteract Snooki event

When the NHL playoffs begin tomorrow, Canada's national pastime will be pervading our everyday lives To prepare you, here are the best movies to get your hockey mind in the mood for a long grueling Stanley Cup run

An all-star lineup of hockey's best movies

MVP (Best Overall): Slap Shot (1977)
Nothing has captured the rough-and-tumble life of hockey as well as Paul Newman leading the Charlestown Chiefs and those bloodthirsty Hanson Brothers. Based on a real 1970's semi-pro team called the Johnstown Jets, Slap Shot is the Wayne Gretzky of all hockey movies.

Most Sportsmanlike: The Rocket (2005)
This inspiring biopic about legendary Habs star Maurice Richard is remarkable for noting the struggles of a determined Francophone player in the NHL's brutally fierce early days. It earned nine Genie Awards including best actor for Roy Dupuis.

Most Improved (with time): Sudden Death (1995)
Sure, it may not be a hockey movie per se, but with Jean-Claude Van Damme trying to halt a terror attack during the Stanley Cup finals, Sudden Death is definitely worth revisiting. Besides, any movie featuring a three-minute fight scene between the Muscles from Brussels and the Pittsburgh Penguins mascot can't be that bad.

Player's Pick: Miracle (2004)
"I love (Miracle) simply because it's a huge moment in hockey history," said Vancouver Canucks forward Mason Raymond of the dramatic retelling of Team USA's gold-medal win in the 1980 Winter Olympics. "That movie shows everyone what hard work, team work and a bit of luck can give ... it should be mandatory for all future hockey players to watch that movie."

GETTY IMAGES

Top Prospect: Goon
Directed by Michael Dowse (Fubar) and starring Jay Baruchel from a script he co-wrote, this comedy about a bouncer who finds his calling as a hockey goon recently wrapped filming in Winnipeg and will undoubtedly cinematically reclaim the game for Canada when it hits theatres later this year.

STEVE GOW
SCENE@METRONEWS.CA

Halle thinks she's not the marrying kind

Blames poor choices in love on lack of a good male role model growing up

ALL PHOTOS GETTY IMAGES FILES

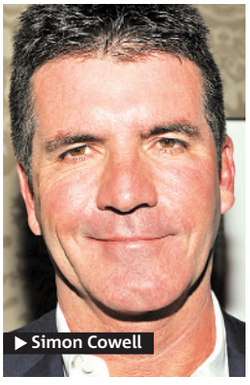
Halle Berry

Halle Berry has decided, after some trial and error, that marriage just isn't for her, according to the Sun.

"I wish I had known then that I was not the marrying kind. It would have saved me a lot of time, heartache and grief over the years," Berry says.

"I made all the wrong choices when it came to love. I have been an idiot."

And the Oscar-winner attributes that behaviour in part to her upbringing. "My father left us when I was young and that did affect my life," Berry says. "If I had a good father in my life, growing up, then I do not think I would have made the mistakes I made ... I would have had a good role model and known what to look for." METRO


Simon Cowell

Simon's family fears burnout

With the U.S. version of his hit show X Factor set to launch, Simon Cowell is a busy man — perhaps too busy.

"Simon's mom is freaking out. His family thinks he's doing too much and are telling him to slow down before his workload seriously damages his health." a source tells the Sun. Cowell is reportedly planning to be a judge on both the American and British editions of the show, though some have their doubts. "Simon's a workaholic but he'd need a time machine to be physically able to appear on both the American and U.K. versions," another source says. METRO

Osbourne worried about weight

Kelly Osbourne

Kelly Osbourne is reportedly considering gastric bypass surgery to maintain the results of her recent weight loss after she returned from vacation to find some of the weight coming back, according to the Daily Star.

"Kelly knows a gastric band would be drastic but she's desperate to keep the weight off," a source says. METRO

Celebrity tweets

"Rumor patrol...I haven't been to the DMV in years!!!"

@JessicaSimpson

@daxsepard1

"I was hit by a range rover a month ago on Vermont. If anyone saw this please let me know. Photos would rule."

@1capplegate

"It doesn't matter how rough a day can be, or how little sleep I get.When I look into those blue eyes..everything washes away. I love my baby"

@pattonoswalt

"Sitting next to Kristin Davis on plane, which sucks 'cuz I'm a total Miranda."

Quaid: It's just what you did

Though his struggles with cocaine addiction haven't been a secret, Dennis Quaid is opening up about his struggle in his own words. "It was very casual at first. That's what people were doing when they were at parties. Cocaine was even in the budgets of movies, thinly disguised," the actor writes in an article for Newsweek.

"My life was falling apart, and I noticed it myself." Quaid entered rehab in the early 1990s. METRO

Sheen missing old job?

While bringing his Violent Torpedo of Truth tour to New York's Radio City Music Hall, Charlie Sheen seemed to change his tune when it came to Chuck Lorre, his Two and a Half Men boss and verbal sparring partner.

"Let's get Chuck Lorre at Radio City and let's fix Two and a Half Men," Sheen told the audience. "Of course I want my job back." METRO

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NATIONAL VOLUNTEER WEEK

Volunteer Toronto members lend a hand at the Toronto Zoo

VOLUNTEER TORONTO

VOLUNTEER CENTRES ARE THE EPICENTRE OF CANADA'S ALTRUISTIC MOVEMENT

Across Canada there are more than 200 Volunteer Centres, which are non-profit organizations or groups dedicated to fostering and developing volunteerism in communities. These centres serve a broad membership that includes both individual volunteers and the organizations that benefit from their time and skills.

Every Volunteer Centre is run in a way that best suits its particular location and needs, and each has its own website. At Volunteer Ottawa, for example, executive director William Coukell and his staff work with 308 non-profit agencies in and around Ottawa—from the Salvation Army and hospitals to the annual Bluesfest and junior hockey associations—to help find volunteers for them.

"Last year we matched over 40,000 volunteers with organizations, which was the equivalent of $9 million worth of labour," says Coukell. "The volunteers deliver a range of what we call 'programs,' which includes feeding people at missions and working with children in schools or patients at hospitals."

At Volunteer Toronto, staff members work with 500 non-profit organizations and charitable agencies to do the same kind of work. Each year they get 800,000 hits on their website from individuals searching for volunteer opportunities. "There's certainly a sustained interest in volunteering," says Jessica Reynolds, Volunteer Toronto's director of communications.

Reynolds cites several reasons for that interest. Someone might want to gain experience before re-entering the workforce after a medical leave or years of stay-at-home parenting. Another may need to perform community service after being charged with a minor criminal offence. New immigrants often look at volunteering as a way to engage in his or her community.

"Part of our role is to help each organization find the right volunteer, and each volunteer find the right organization," says Reynolds. "When the right match is made, it benefits everyone."

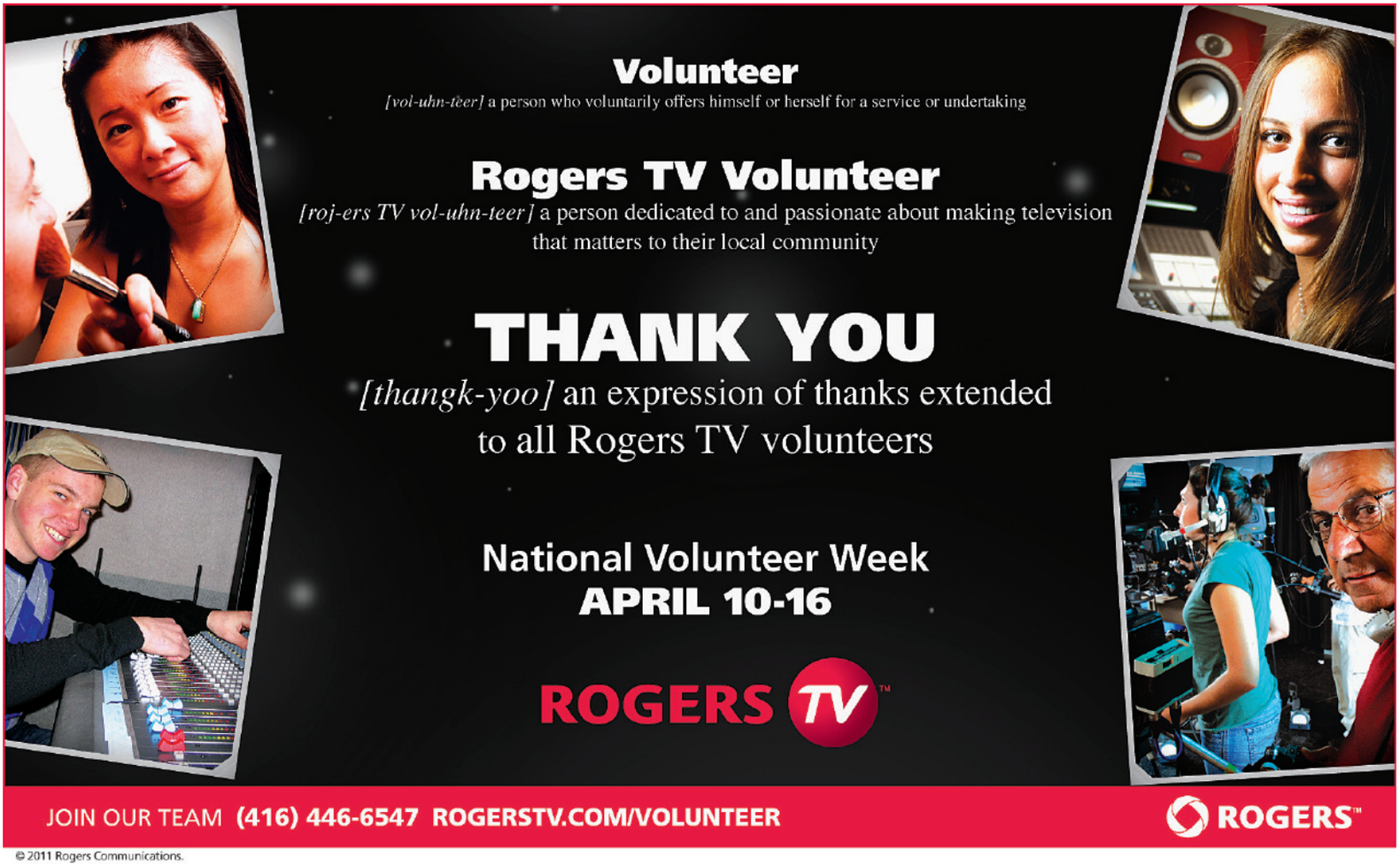
by Jane Doucet

THROUGH THE YEARS

The first Volunteer Centre was established in 1937 in Montreal, in response to the need for volunteers during the Second World War. During the 1960s and '70s, Volunteer Centres opened in many urban areas across the country to promote and support effective volunteering.

Throughout the last 30 years, Volunteer Centres have created programs, conducted research and provided training. They offer leadership in such areas as youth volunteerism, risk management, corporate volunteerism, mandatory volunteerism, community service and educational campaigns.

In Canada there are Volunteers Centres in all provinces and territories except Nova Scotia, Prince Edward Island, Northwest Territories and Nunavut. To find out if there's one in your area, visit http://volunteer.ca/i-want-volunteer/find-volunteer-centre or call 1-800-670-0401.



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A religious fattening

ISTOCK PHOTO

▶ A new study found people with higher religious participation were more prone to being obese.

New study finds that those with high religious participation were more likely to be obese Blame placed on calorie-rich comfort food

CELIA MILNE
LIFE@METRONEWS.CA

Something about religion makes people fatter.

New research in Chicago has found that young people who do religious activities at least once a week are twice as likely to become obese at middle age as those with no religious involvement.

"It is likely that the regular intake of traditional, calorie-rich comfort foods at religious gatherings is partially responsible for the greater risk of obesity that we found," lead researcher Matthew Feinstein told Metro.

Feinstein and colleagues from the Northwestern University Feinberg school of medicine kept track of the religious habits and weights of 2,433 young men and women for 18 years.

At the beginning of the study subjects were between age 20 and 32, and all were a normal weight.

Several religions were included: Protestants, Catholics, Muslims and Jews. Those who had a high frequency of religious participation (attending at least once a week) were 50 per cent more likely to be obese by middle age.

Which comes first? Religion or obesity?

This study establishes that something connected to the high religious involvement is associated with weight gain over time, not that obese people take up religion.

Feinstein suggests religious groups should use their get-togethers to educate the faithful about preventing obesity through better nutrition and regular physical activity.

The data were presented at an American Heart Association scientific session in Atlanta, Ga.

The people in the study were part of a larger study called the Coronary Artery Risk Development in Young Adults. The object of the study was to find out which groups are at higher risk for obesity, and therefore diseases and earlier death.

"It is likely that the regular intake of traditional, calorie-rich comfort foods at religious gatherings is partially responsible for the greater risk of obesity that we found."
MATTHEW FEINSTEIN

3 life

Still healthier

All in all, religious people do tend to live longer than non-religious people, mainly because religious people — as a cross-section of the population — tend not to smoke, says Matthew Feinstein, a researcher at Northwestern University.
CELIA MILNE

TV watching at meals indicator of more overall screen time for three-year-olds: Study

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ISTOCK PHOTO

▶ Parents with kids were found to be less active than their peers without children.

The burden of bearing children

Are kids making parents less fit? Childless adults do better at keeping in shape than those with young kids

Could kids be to blame for new parents' bad health habits?

A study found that mothers of young children were heavier and ate more calories, sugary drinks and fatty foods than childless women. Dads and moms in the study were less active than their peers without kids.

"This isn't a study about blame," said co-author Jerica Berge, a University of Minnesota researcher. "This is about identifying ... a very high-risk time period" for parents that doctors should be aware of so they can offer solutions, she said.

That may include diet advice, parent-child exercise classes, or just getting parents to take walks with their kids, the researchers said.

The study involved 1,520 adults aged 25 on average, including parents with children younger than five years old. They were among more than 4,000 Minneapolis-area public school students enrolled in a study in their teens; the new study includes those who responded to two followup health surveys.

THE ASSOCIATED PRESS

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Want a baby? Try yoga

In conjunction with treatments such as IVF, yoga can be used as a natural tool to enhance fertility and increase your chances of conceiving

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

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About one-third of infertility issues are said to be down to the women, and struggling to conceive remains very much a taboo subject in a world where we believe we can have anything — including babies — on demand. But a woman's body must to be ready both physically and mentally in order to act as the baby's incubator for nine months.

The most common cause of infertility is dysfunctional ovulation, the monthly releasing of eggs.

Issues such as stress or hormonal imbalances can cause irregularity or altogether stop this process.

Yoga teacher Jane Kersel explains how the mounting pressure from the constant need to try for a baby can become overpowering and verging on obsessive.

"A woman can enter a pushy mindset of 'this has to happen,' impacting the couple intimately and turning sex into little more than a baby-making tool. You can't conceive a baby like you set up a board meeting," she says.

Going through infertility issues is stressful, and when we are stressed, some feel that their body betrays them. We breathe shallowly and the body holds on to the fear and stores this as stress, says Natalie Engler, a practitioner of restorative yoga.

"Stress releases the hormone cortisol, and high levels of this may interfere with reproductive hormone function responsible for ovulation and healthy gynecological function," she adds.

The body sees stress as an invader, signalling to the body that now is not a good time to get pregnant. As an ancient practice developed at a time when people didn't separate the body from the mind, yoga acts as a trigger for relaxation.

"In yoga, the body and mind continuum is inseparable," explains yogi Dr. Robin Saraswati Tiberi, whose teaches classes focused on fertility. "Stress makes our biological clock age faster so by reducing stress, yoga helps control this premature ageing."

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Make sure you don't let The One That Got Away, get away

This modern fish shop includes all your faves and contemporary options

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

The One That Got Away is a modern fish shop. The menu, while it gives a nod to traditional fish and chips, offers additional contemporary options like salads and wraps.

There are also interesting fish choices: pickerel, barramundi and arctic char, in addition to the usual haddock and halibut.

The Fish Basket ($14.99) is enough for 2 — shrimp, scallops, calamari, haddock, fries and coleslaw. I like that not everything is breaded in the same coating. While the seafood is delicious, the haddock pales in comparison. The fries are deftly cooked and salty. The coleslaw is neither vinegary nor thick with mayo, but strangely in the middle.

The Arctic Char Salad ($9.24) is sublime. The fish is moist and bursting with flavour. The accompanying mango salad is enticing. The greens are insanely fresh with salad dressing good enough to drink.

What are you waiting for?

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STEPHANIE DICKISON

▶ The Fish Basket ($14.99)

Oh Boy! Po' Boy Catfish Sandwich

EMILY RICHARDS
FOOD@METRONEWS.CA

Ingredients:

- ½ cup (125 mL) flour
- 1 egg
- ¼ cup (50 mL) milk
- 1 cup (250 mL) cornmeal
- 1 tsp (5 mL) each cayenne pepper, garlic powder and salt
- 4 catfish fillets, 6 to 8 oz (180 to 250 g) each
- 2 tbsp (30 mL) oil
- ½ cup (125 mL) mayo
- 1 tsp (5 mL) mustard
- 4 submarine rolls
- 2 tomatoes, sliced
- 2 cups (500 mL) shredded lettuce
- 4 lemon wedges

Preparation:

1. Place flour in dish. In another dish, whisk egg with milk. In a third dish, combine cornmeal, cayenne, garlic and salt. Dip fillets in flour. Dip in egg mix followed by cornmeal mix; coat well.
2. In skillet, heat oil over medium-high heat and add 2 fillets. Cook for 4 minutes per side or until a golden brown and fish flakes easily with a fork. Repeat with remaining fillets; add more oil if needed.
3. Meanwhile, in bowl, stir mayo with mustard and slice rolls in half horizontally. Spread bottom half of each roll with mayo and top with sliced tomatoes and shredded lettuce. Top with cooked fish fillet and serve with lemon wedges.

CATFISHINSTITUTE.CA
EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

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CUT THE FLIRTING OR FACE THE RESULTS

Two Sisters
ANDREA & CLAIRE
RELATIONSHIPS @METRONEWS.CA

I'm in a great relationship with my girlfriend of three years. Lately though, I've been hanging out with her friend who now works for the same company I do. My girlfriend is OK with it, and nothing's going on, but her friend's a little flirtatious. Is it still OK to hang out as long as no moves are made? Want to Do the Right Thing.

Claire: Tick tock...tick tock. That's the sound of a bomb waiting to blow, my friend. If you're uncomfortable enough to ask whether or not a line's being crossed, then maybe you should back off.

First step is to avoid those intimate one-on-ones. Go out for lunch in groups, avoid her when drunk at the office Christmas party. Every now and then, talk about how great your girlfriend is. Mention how you speak to her in weird baby voices, and what your next vacation together will be like. Keep the venting strictly for boys and beer.

Andrea: Andrea may be my half sister, but we are in full agreement on this one. The fact that you'd even write this is a sign that you've thought about it going further (which is normal, but dangerous). It's that stereotypical slippery slope that starts with her stopping by your desk to borrow a Post-It, and ends with you imagining her on your desk, doing things that have nothing to do with Post-Its. So, since you asked, the rules are: group lunches only, burp often and loudly, scratch often and blatantly, and swear like a rabid trucker.

Therapist reveals the naked truth

ROMINA McGUINNESS
LIFE@METRONEWS.CA

Sarah White is a naked therapist. Not spiritually naked, but physically naked: During a one hour session, conducted online, via webcam, she'll gradually take off her clothes while offering therapy.

White's new technique garnered worldwide press a few weeks ago, causing cynics to roll their eyes (she's unlicensed and bases her techniques on tenets she learned as a psychology undergrad student) and others to log on immediately (at sarahwhitelive.com).

White, interviewed via webcam (while fully clothed), insists that her sessions are "no strip show," and that what she provides is a unique and mind opening experience that can make people feel freer, stronger, happier and healthier.

So who uses the service? "I speak to single men trying to get better at meeting girls, guys that want to know what women want and those that just aren't comfortable around naked women," says White.

▶ White says her therapy is not a strip show

▶ Glen & Kelly met online

THEY 'LIKED' EACH OTHER

Names:
Glen, 31 and Kelly, 32

Hometown:
Winnipeg

Together since:
2006

Their story:

I (Glen) met my wife Kelly online. We didn't meet on a dating site per se, but rather on hotornot.com. (For those not familiar with the site, anyone can upload a photo of him/herself for others to view and rate on a scale of one to 10. If you're looking to meet someone, there's also a section where you can post a brief personal profile and "like" profiles of others whom you are interested in.)

"Kelly liked my profile and photo, and the rest, as they say, is history. We chatted online and on the phone for about six weeks before we met in person. Kelly has a daughter, Kassidy, so she was very cautious; she wanted to be sure I wasn't a creep! In those conversations, we discovered that we had a lot in common and even started to finish each other's sentences! Kelly actually canceled our first date out of nervousness; she thought things were too good to be true and that one of us would be disappointed. Fortunately, I managed to talk her into it, and when we finally did meet, it was incredible!

"We were married in October 2009 and, last September, we welcomed a handsome baby boy, Lexan!

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ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

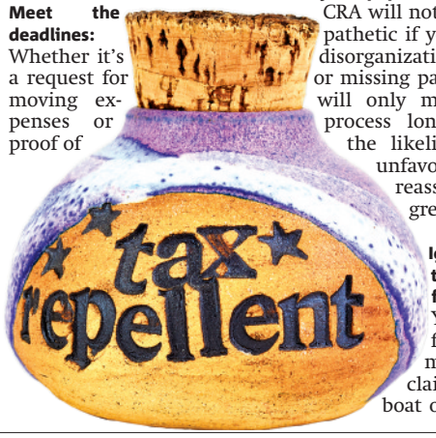
Remember what it felt like to be sent to the principal's office? There you sat, terrified of the consequences, fearing your parents would be told of your transgression and convinced that life, as you knew it, had come to an end.

Fast forward into adulthood and even a mere query from the Canada Revenue Agency is enough to put you right back on that hard chair, stomach churning, as you waited for an audience with the principal.

Whether it is a query, a re-assessment or a full-blown audit, H & R Block offers seven tips to help you get through it.

Deal with it: Don't ignore those brown CRA envelopes. Open. Read. Act. And if you get a phone call return it promptly. Sticking your head in the sand definitely does not work with the CRA.

Meet the deadlines: Whether it's a request for moving expenses or proof of childcare costs, there will be a deadline which you should note in big red letters on your calendar. Otherwise you risk re-assessment and denial of the claim or credit. However the CRA will often extend a deadline if you call in advance.



Find your paperwork: The CRA will not be sympathetic if you plead disorganization. Lost or missing paperwork will only make the process longer and the likelihood of unfavourable reassessment greater.

Ignore tips from friends: Your friend may be claiming a boat on a lake up north somewhere as an employment expense but don't be tempted to follow suit. Same goes for things such as cell phones. Employment expenses can only be claimed with form T2200 and must be included in your employment contract.

Pay up front: Pay any balance after a re-assessment immediately. You can file a Notice of Objection if you disagree. If you are successful you'll be refunded the money and if not you'll have avoided interest charges during the process.

Stand up for yourself: The CRA can be heavy handed. If you feel the CRA treatment has been unreasonable or unfair complain to the Taxpayers' Ombudsman Office which ensures the Taxpayers' Bill of Rights is being upheld.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

PRE-NUPTIAL PANIC?

Sometimes people feel the need to protect their net worth from their partner. Perhaps there's a great disparity between assets or income or this is a second marriage. Children from a previous union might be involved or one partner could own a business. Other times; there are trust issues. Generally, whatever is accumulated during a marriage or a recognized common-law union is considered community property and would be divided equally during divorce and separation proceedings.

But, tools such as cohabitation and prenuptial agreements can be signed prior to joining households. These papers define rights, obligations and how each partner wants to own their assets if the union ends.

Regardless of your personal view, take an inventory of all your assets prior to marriage or moving in. Sometimes asset values (or entitlement) can get blurred through divorce and separation proceedings. By having a clear record of what you own and its value (use an appraiser if you need to and keep your receipts), asset values will be very clear.

The alternative to having a legal agreement is complying with divorce and separation laws, which can have some very unintended and uncontrollable outcomes.

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From school to work, simplified

STUDENT VOICE

LAUREN FRIESE
TALENTEGG.CA

In 2005, I was finishing up the fourth and final year of my economics degree at Queen's University. I didn't know what I wanted to do or where I was going to be in six months.

This experience was alarming to me. As a lifelong student to this point, I assumed the school-to-work transition was a well-beaten path with all of the services and conveniences you'd expect from one.

I was scared, confused and frustrated, but at least I wasn't alone: my friends and classmates were in the same boat. Each of my six housemates chose to delay their entrance into the workplace by enrolling in one form of post-graduate education or another, and I did the same, choosing a one-year program at the London School of Economics, where I earned my masters in Economic History.

While in the U.K., I discovered that the school-to-work transition was much less painful than in Canada. I used an online tool to research and apply to employers that interested me, and, even though I had two arts degrees under my belt and very little work experience, it was relatively easy for me to find a fantastic entry-level job.

Lauren's resumé

Lauren Friese:

Graduate: Bachelor of Arts, Economics, Queen's University

Graduate: Masters of Economic History, London School of Economics

I spent a year working for a small consulting firm in central London. My job was to interview big banks about technology and then crunch the data to produce reports. While I loved the entrepreneurial energy of the company and was proud of the work I accomplished, I realized within the year that I was not going to reach my potential working in a junior role within another firm.

Looking back, there were always signs that entrepreneurship was a career path that suited me. As a teenager, determined to become a famous, successful actress, I hustled my way into one of Toronto's most prestigious talent agencies and also built, ran and marketed a website for young actors, appropriately called Big Dreamers.

Where Lauren is now

So I moved back to Canada in late 2007 with a simple mission based both on my own career aspirations and what I'd observed in London: Start a company that improved the school-to-work transition for Canadian post-secondary students and recent grads.

I had been there, done that and seen it done better. I wanted to take what I'd learned from my U.K. experience and implement it in Canada, the result being TalentEgg.ca.

Student Voice (this column) is an initiative we started to raise awareness of the struggles that students face as they transition from school to work, and to provide inspiration through success stories to the many students, recent grads and career-transitioners in search of meaningful work.

Key take-aways from Lauren's school-to-work transition

- Figure out what you like to do (and what you don't like to do) by exploring your interests while in school, on your summer break or after graduation.
- Work or travel abroad to learn about new points of view and different ways of life. Employers in Canada and around the world value an international perspective.
- If you have an idea, don't be afraid to run with it and become an entrepreneur. There are many resources for young entrepreneurs that can help you start and run your own business.

▶ Lauren Friese is the founder of TalentEgg.ca, a company dedicated to easing the school-to-work transition for young Canadians.

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LEARNING CURVE

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What's new on campus

From taking on the world in hospitality, tourism and culture, to a student film fest at TIFF Bell Lightbox and a battle over mobile game development Check out what's happening at a post-secondary institution near you

MIRIAM OSBORNE
LIFE@METRONEWS.CA

Humber College students present film showcase

Graduating students from Humber's Film and Television Production Advanced Diploma program will be presenting their final-year projects at the program's annual film showcase on April 14 and 15 at the TIFF Bell Lightbox. The Humber Film & Television showcase is the result of 16 months of work for 85 graduating students. Projects include various genres of short films, television commercials and Public Service Announcements.

triOS students are all about fun and games

In March, triOS tackled The Great Canadian Appathon. This 48-hour competition was presented by XMG Studio Inc. and challenged post-secondary students to develop mobile games. Later this spring, the finalists will battle it out at the grand finale held at Yonge Dundas Square in Toronto. Winners will be able to take home up to $45,000 in prizes and job offers from XMG Studio. triOS students from London, Kitchener, Hamilton and Mississauga also participated remotely.

OCAD helps drive mobile marketing

The Interactive Advertising Bureau of Canada launched its new Mobile Council, and new partnerships with the Mobile Experience Innovation Centre and OCAD University, to drive Mobile Marketing research, education and innovation in Canada.

U of T launches cutting-edge communication aid

The University of Toronto announced the launch of MyVoice, a cutting-edge communication aid for those living with communications disorders caused by stroke, autism spectrum disorders and neurodegenerative disease. MyVoice is a mobile app and server system that turns smartphones into customized speaking aids. The technology will both drastically lower the cost of assistive communication technology and improve the rate of speech for those with communications disabilities.

York students compete in satellite design competition

Geocentrix Technologies Ltd. has announced that York University is among teams competing for Canada's first Canadian Satellite Design Challenge (CSDC). This Canada-wide university competition is challenging universities to create new innovative satellite designs that may lead to advancements in this industry. The challenge runs over two academic years and the winning team will be selected in late 2012, with the intention of launching its satellite into orbit to conduct a science research mission.

George Brown Dean recognized for social work

The Ontario Association of Social Workers (OASW) honoured Lorie Shekter-Wolfson, George Brown's Dean of the Faculty of Community Services and Health Sciences, naming her an inspirational leader for 2011. "OASW's inspirational leaders inspire others through their leadership, optimism and innovation in addressing situations/problems, and they serve as a positive role model for those working in the field of social work," says Gillian McCloskey, OASW associate executive director.

Seneca business students win national competition

Four students from Seneca's Business Administration — Human Resources Management program won The Great Canadian HR Business Student Case Study Competition earlier this month. Seneca's team of Laura Aitken, Ursula Carey, Deborah Giblin and Lydia McIntosh defeated George Brown and Centennial College to win this annual event, which was held at the Toronto Board of Trade. For winning, the Seneca team received the $4,000 grand prize and a $1,000 scholarship on behalf of the College. They also won the People's Choice Award, which is voted on by the conference delegates and earned each member of the team an iPad.

Centennial takes on the world in hospitality and tourism

Centennial's School of Hospitality, Tourism and Culture, along with its Culture and Heritage Institute, have become affiliate members of the United Nations World Tourism Organization (UNWTO). Membership has its privileges: the UNWTO will promote both the school and the institute internationally, recognizing Centennial as a knowledgeable educator of new talent sought by the global tourism industry.

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What does your study style say about you?

Whether you prepare weeks in advance or pull an all-nighter, how you study affects long-term learning

PAULINE ANDERSON
LIFE@METRONEWS.CA

Zara starts studying for exams weeks in advance, often meeting with her classmates to compare notes. Nicholas is a perpetual procrastinator, cramming for every exam the night before.

They're both straight A university students. However, research shows that Zara is much more likely to retain the information she learns for years to come.

"Long-term learning is done over an extended period of time," says André Malan, student development coordinator at Chapman Learning Commons, with the University of British Columbia. "You can't learn things long term with one cram session. The brain doesn't work like that."

Malan oversees a group of academic coaches — student peers who assist other students to improve their study habits through goal setting, provision of online resources and workshops on issues around learning.

Studying in groups enhances the retention of information because it helps to keep you focused. "On average, students who learn together or study together will do better than those who don't," says Malan.

"If you have a problem, instead of trying to figure it out yourself and spending an hour on it, you can get someone to explain it to you in 10 minutes. That's an obvious advantage."

And, humans are wired to be part of a group experience, he adds.

Of course, there are exceptions. We all know students who just aren't able to focus with other people around. They get distracted and start discussing things like the upcoming dance or movie night.

If your goal is just to pass the upcoming exam rather than learn from it, cramming might even get you a better mark than someone who prepares well in advance.

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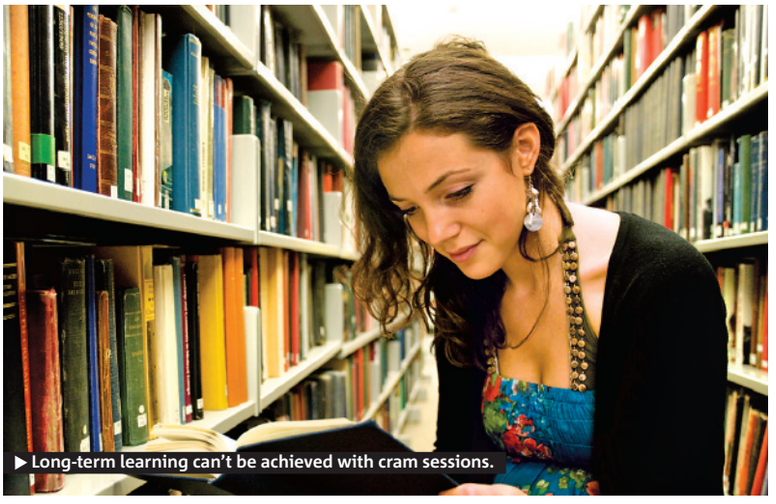

▶ Long-term learning can't be achieved with cram sessions.

Study styles

- **Study habits** can say a lot about a person's personality, says Dr. Irvin Wolkoff, a Toronto psychiatrist. "Personality is like a fingerprint that shows up in everything that an individual feels, thinks and does, including study styles."
- **People who** organize their sense of self around interactions with others are likely to have a "group study" style, says Wolkoff. In contrast, those whose personality is perhaps a bit light in terms of standards and values may not see the need for steady application, making all-nighters necessary, he says.
- **It's a good idea** to learn your study style, says Dr. Wolkoff. "Once you know how you're inclined to work, you can shore up your weaknesses and play to your strengths."

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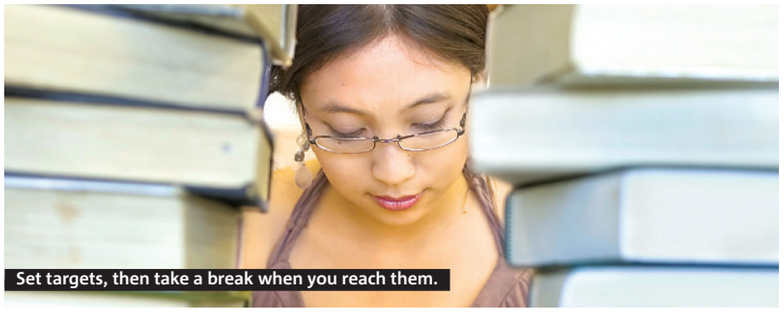

Set targets, then take a break when you reach them.

Quit cramming new knowledge into your cranium

JON TATTRIE
LIFE@METRONEWS.CA

When you've read the same paragraph 10 times and it's still as undecipherable as ancient Egyptian, and you're not studying ancient Egyptian, it's time to put the books down. Experts say good breaks are a critical part of exam preparation and actually make your brain work better.

Debbie Bruckner, the director of the Student Union Wellness Centre at the University of Calgary, says an overburdened brain stops processing new information. "You've got to put it into your short-term memory and then move it into your long-term memory," she says.

To do that, you need to stop cramming new knowledge into your cranium.

Joanne Mills, a psychologist at Mount Saint Vincent University's Student Counseling Services in Halifax, says most people can concentrate for 45 minutes to an hour at a time, but then need 15 minutes to rest. She suggests picking your break activity — Facebooking, going for a run — and setting a timer for 15 minutes.

"It's a cue to your mind — almost a Pavlovian response to pair a signal with refocusing," she says.

Mills also suggests setting targets and stopping when you've reached them. "Some students will take that break even if they haven't finished what they set out to do and then they don't really relax or enjoy it because their mind is racing with 'I must, I should, I have to.'"

If you're in the flow, ride the momentum until you come to a natural break in the material, then set the timer again and walk to the corner store.

Alternating which books you're hitting also helps. Work on English for an hour, then switch to math. It's like exercising multiple muscles at the gym, as different parts of your brain flex for different subjects.

Bruckner says that to maintain a healthy mind-body-spirit temperament in the heat of exam season, sit down with your calendar.

"Make a schedule for the month of April — when your assignments are due, when your final exams are, what the weighting is for each," she says.

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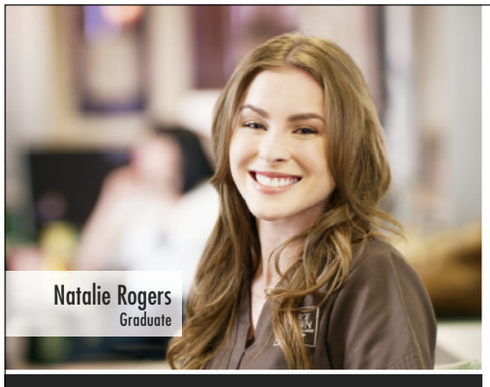

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Land a summer job

Here are some strategic tips and advice on how to land that dream summer job — and start developing future career goals at the same time

KIRSTI STUBBS
TALENTEGG.CA

Do your research
Come prepared to your interview with knowledge about the company and questions for your interviewer. Make an effort to get to know their culture by checking out the website or speaking with an employee.

Do think about long-term career goals
Are you interested in pursuing a marketing role in the hospitality or retail industry following graduation? In many businesses, learning from the ground up will provide valuable insight into the business, customers and products and give you foundational knowledge that will help you be promoted once you graduate. If companies you would love to work for do not have opportunities right now, keep in touch with someone you met in the job-hunt process.

Use your network
Networking isn't just for full-time employment. Tell everyone you know you are looking for a summer job — you never know who might be able to help you out. One of the most effective ways to get your foot in the door is to know someone who works at the company you want to work for — better still if they can provide you with a great recommendation. Talk to all of the people in your social network and let them know what type of role you are looking for.

Dress appropriately and be prepared
Make sure you dress appropriately, are ready to complete an application, and are prepared for an on-the-spot interview. A good rule is to dress so your interviewer can picture you in the job. No matter where you are applying, jeans, dirty running shoes or wrinkled shirts are a big no-no in interviews. Bring your resumé and the information you need to complete an application.

Don't leave your search to the last minute
Get your resumé out to the companies you want to target now. The larger organizations will be actively looking for their seasonal and co-op summer students months ahead of the actual start date. Start applying online, leveraging your networks and scheduling meet and greets now.

Don't keep your search too narrow
Remember, often the most unexpected roles provide the greatest learning experiences. Be open to many industries and types of roles when pursuing a summer job. Even if the position does not align directly with your "dream job," you will likely have the opportunity to learn valuable skills and build your network.

KIRSTI STUBBS IS A RECRUITER AT STARBUCKS COFFEE CANADA AND CONNECTS WITH MANY STUDENTS LOOKING FOR SUMMEREMPLOYMENT. TALENTEGG.CA IS CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS.

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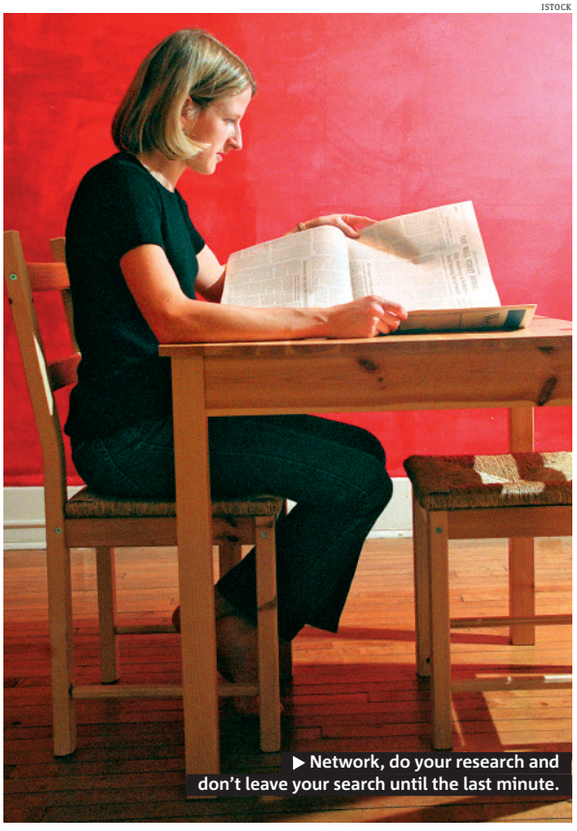

▶ Network, do your research and don't leave your search until the last minute.

Make your job application sparkle

JACQUELINE MARTINZ
TALENTEGG.CA

There are many different ways to stand out from the pack when you apply for a job. "Once, I received a shoe box that contained artifacts," said Paule Bellegarde, human resources manager at Hill & Knowlton Canada. "It included a letter explaining that these were all qualities — it got the person an interview."

Sandra Upeslacis, manager of talent retention and acquisition for National Public Relations, said: "I got a few resumés submitted by email that included links to videos on YouTube. The best videos were about two to three minutes and had testimonials from professors (and) previous employers, and the person came on at the end and explained why they'd be a great addition to the company."

While Bellegarde and Upeslacis admired the unique efforts, both said it wasn't enough to land the candidates a job.

Most important: a cover letter and resumé that are clear, concise and a perfect match to the job description. Here's a checklist. Your cover letter and resumé should include:

Perfect spelling and grammar

"The worst thing is when they spell my name wrong, or the company's name wrong. I'm in the communications business and you need to be able to express yourself well," said Upeslacis.

Organized structure

Bellegarde said that it's important to list chronology. "You should be able to see the person's history. If you have a degree, put the date you graduated. And under each position, there should be three or four bullets of accomplishments."

Clarity of information

"If something was a summer job, say so. Don't call yourself a seasoned professional if you have one internship under your belt," said Upeslacis.

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4 sports

Ready to turn over a a new Leaf: Wilson

‘There were guys ... playing for us I had no idea could play in the NHL’

Ron Wilson is thinking much bigger than simply making the playoffs. In fact, the Toronto Maple Leafs coach doesn’t believe his team is very far away from challenging for a championship.

“We’re probably two or three pieces from being a true contender,” Wilson said yesterday. “I’m talking a contender, not for the playoffs, I’m talking a contender for the Stanley Cup. And it may come from within, you don’t know.”

The mood was remarkably upbeat as the Maple Leafs returned to Air Canada Centre to clean out their lockers and conduct exit interviews.

Even though it’s the sixth straight year they have gathered while other NHL teams were busy preparing for the playoffs, there was optimism in the air after an 18-9-6 run to end the season.

“The first couple years for me I think everyone was saying, ‘Next year should be better, next year should be better,’ but I think it was more hoping that it would be better,” said defenceman Luke Schenn. “Now I think there’s kind of a bit of belief that we are on the right track ... It seems like there’s a plan in place now.”

There is some precedent for a team to emerge from the wilderness and quickly become a contender in the post-lockout NHL. Pittsburgh and Chicago each won the Stanley Cup two years after missing the playoffs, albeit with plenty of top draft picks.

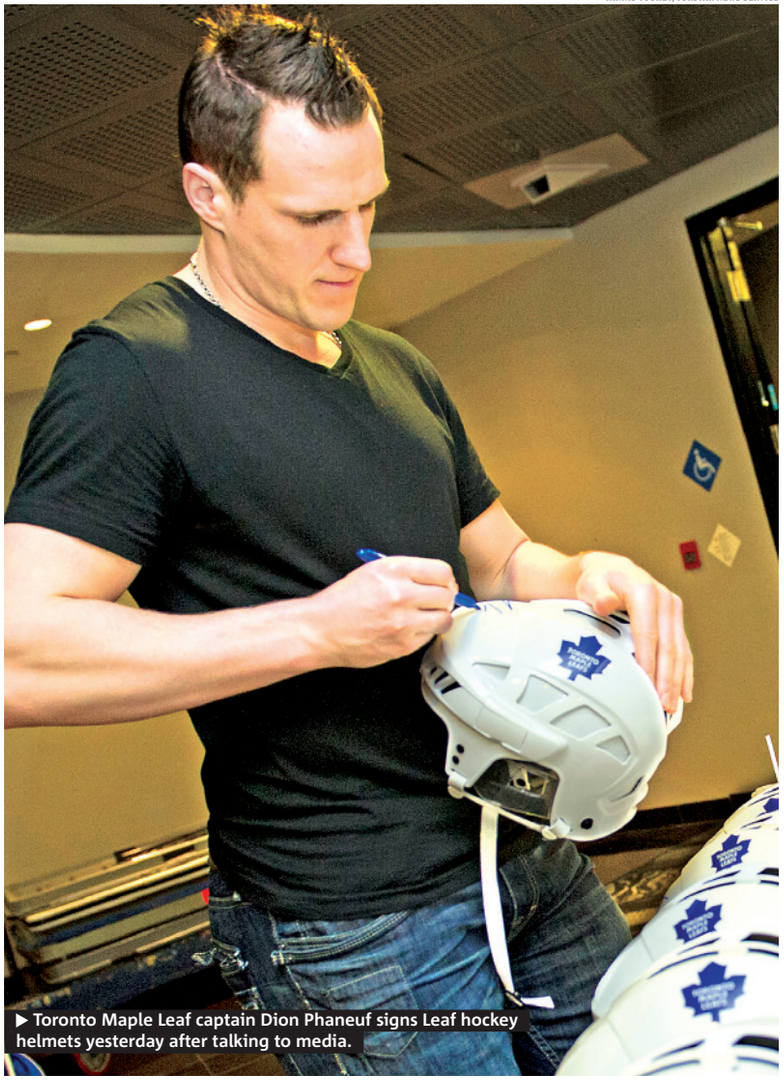
Burke has elected to build the Leafs a different way and will have plenty of salary cap flexibility to work with over the summer. THE CANADIAN PRESS

IIHF bound Leafs

The Maple Leafs might not be playing into May, but a number of their players will be.

- **At least 10 members** of the organization will go to Slovakia for the IIHF World Hockey Championship.
- **Dion Phaneuf**, Luke Schenn and James Reimer will suit up for Canada.
- **Americans Mike Komisarek** and Mike Brown are also expected to take part along with Russian Nikolai Kulemin and Belarusian Mikhail Grabovski.
- **Phil Kessel declined** his invitation to play for the U.S.
- **“This year I’m** kind of worn out. It’s been a long year. A lot of ups and downs,” Kessel said.

TANNIS TOOHEY/TORSTAR NEWS SERVICE

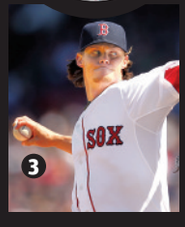


▶ Toronto Maple Leaf captain Dion Phaneuf signs Leaf hockey helmets yesterday after talking to media.

Sports in brief

1 Kim Clijsters cracked her ankle last weekend, and will likely miss the French Open starting May 22.

2 Don Cherry picked Boston to beat Montreal in the opening round of the NHL playoffs.



3 Clay Buchholz was guaranteed just less than $30 million US as part of a new agreement with the Red Sox that runs through 2015.

THE CANADIAN PRESS/ THE ASSOCIATED PRESS

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WHLer tops draft rankings

Centre Ryan Nugent-Hopkins of the WHL’s Red Deer Rebels tops all North American draft-eligible players, according to the NHL Central Scouting Bureau final rankings.

Defenceman Adam Larsson of the Swedish Elite League is the top European prospect.

The 2011 NHL draft is scheduled for June in St. Paul, Minn.

NATHAN DENETTE/THE CANADIAN PRESS

▶ Ryan Nugent-Hopkins

The rest of the North American top five are left-winger Gabriel Landeskog of the Kitchener Rangers, centre Jonathan Huberdeau of the Saint John Sea Dogs, defenceman Dougie Hamilton of the Niagara IceDogs, and defenceman Nathan Beaulieu of the Saint John Sea Dogs.

The final ranking covers the top 210 skaters and 30 goaltenders in North America, as well as the top 140 skaters and 10 goaltenders from Europe. THE CANADIAN PRESS

Sports in brief

Judge orders NFL mediation

MINNESOTA. The judge handling the lawsuit against the NFL ordered the sides to participate in court-supervised mediation, while saying yesterday she still is considering whether to grant a request for a preliminary injunction to lift the lockout. THE ASSOCIATED PRESS

UConn star to enter NBA draft

NCAA. Connecticut has called a news conference for today with guard Kemba Walker, where it is expected the junior star will announce he will enter the NBA draft. THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
z-Washington	82	48	23	5	6	224	197	107	25-8-2-6	23-15-3-0	7-2-0-1	L1
y-Philadelphia	82	47	23	5	7	259	223	106	22-12-2-5	25-11-3-2	3-4-1-2	W1
y-Boston	82	46	25	5	6	246	195	103	22-13-3-3	24-12-2-3	6-3-0-1	L1
x-Pittsburgh	82	49	25	5	3	234	201	106	25-14-2-0	24-11-3-3	8-2-0-0	W4
x-Tampa Bay	82	46	25	5	6	247	240	103	25-11-1-4	21-14-4-2	7-3-0-0	W2
x-Montreal	82	44	30	5	3	216	209	96	24-11-3-3	20-19-2-0	5-4-1-0	W1
x-Buffalo	82	43	29	9	1	245	229	96	21-16-3-1	22-13-6-0	8-1-1-0	W4
x-NY Rangers	82	44	33	2	3	233	198	93	20-17-1-3	24-16-1-0	6-3-0-1	W1
Carolina	82	40	31	6	5	236	239	91	22-14-3-2	18-17-3-3	7-2-1-0	L1
Toronto	82	37	34	5	6	218	251	85	18-15-3-5	19-19-2-1	6-3-0-1	L3
New Jersey	82	38	39	3	2	174	209	81	22-16-2-1	16-23-0-2	4-5-0-1	W1
Atlanta	82	34	36	5	7	223	269	80	17-17-2-5	17-19-3-2	4-6-0-0	L2
Ottawa	82	32	40	5	5	192	250	74	16-20-2-3	16-20-3-2	5-4-0-1	L1
NY Islanders	82	30	39	7	6	229	264	73	17-18-1-5	13-21-6-1	3-6-0-1	L4
Florida	82	30	40	5	7	195	229	72	16-17-4-4	14-23-2-2	1-7-0-2	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
p-Vancouver	82	54	19	4	5	262	185	117	27-9-1-4	27-10-3-1	7-3-0-0	W2
y-San Jose	82	48	25	4	5	248	213	105	25-11-2-3	23-14-2-2	8-1-0-1	W1
y-Detroit	82	47	25	6	4	261	241	104	21-14-4-2	26-11-2-2	4-4-2-0	W1
x-Anaheim	82	47	30	3	2	239	235	99	26-13-1-1	21-17-2-1	7-3-0-0	W3
x-Nashville	82	44	27	7	4	219	194	99	24-9-5-3	20-18-2-1	7-2-1-0	L1
x-Phoenix	82	43	26	7	6	231	226	99	21-13-4-3	22-13-3-3	6-3-0-1	L1
x-Los Angeles	82	46	30	4	2	219	198	98	25-13-3-0	21-17-1-2	6-4-0-0	L2
x-Chicago	82	44	29	4	5	258	225	97	24-17-0-0	20-12-5-4	5-4-1-0	L1
Dallas	82	42	29	4	7	227	233	95	22-11-3-5	20-18-1-2	4-4-2-0	L1
Calgary	82	41	29	5	7	250	237	94	23-13-2-3	18-16-3-4	4-3-2-1	L1
St. Louis	82	38	33	5	6	240	234	87	23-13-1-4	15-20-4-2	6-2-1-1	W1
Minnesota	82	39	35	3	5	206	233	86	19-17-2-3	20-18-1-2	4-6-0-0	W2
Columbus	82	34	35	5	8	215	258	81	17-19-1-4	17-16-4-4	1-6-1-2	L6
Colorado	82	30	44	7	1	227	288	68	16-21-4-0	14-23-3-1	2-8-0-0	W1
Edmonton	82	25	45	3	9	193	269	62	13-22-1-5	12-23-3-3	2-6-1-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Sunday's results
Colorado 4 Edmonton 3 (OT)
Detroit 4 Chicago 3
Minnesota 5 Dallas 3
New Jersey 3 Boston 2
Pittsburgh 5 Atlanta 2

END OF 2010-11 REGULAR SEASON

PLAYOFFS

CONFERENCE QUARTER-FINALS (BEST-OF-7)

EASTERN CONFERENCE

Washington (1) vs. N.Y. Rangers (8)
Tomorrow's game
N.Y. Rangers at Washington, 7:30 p.m.
Friday's game
N.Y. Rangers at Washington, 7:30 p.m.
Sunday, April 17
Washington at N.Y. Rangers, 3 p.m.
Wednesday, April 20
Washington at N.Y. Rangers, 7 p.m.
Saturday, April 23
x-N.Y. Rangers at Washington, 3 p.m.
Monday, April 25
x-Washington at N.Y. Rangers, TBA
Wednesday, April 27
x-N.Y. Rangers at Washington, TBA
Philadelphia (2) vs. Buffalo (7)
Thursday's game
Buffalo at Philadelphia, 7:30 p.m.
Saturday's game
Buffalo at Philadelphia, 5 p.m.
Monday, April 18
Philadelphia at Buffalo, 7 p.m.
Wednesday, April 20
Philadelphia at Buffalo, 7:30 p.m.
Friday, April 22
x-Buffalo at Philadelphia, 7:30 p.m.
Sunday, April 24
x-Philadelphia at Buffalo, 3 p.m.
Tuesday, April 26
x-Buffalo at Philadelphia, TBA
Boston (3) vs. Montreal (6)
Thursday's game
Montreal at Boston, 7 p.m.
Saturday's game
Montreal at Boston, 7 p.m.
Monday, April 18
Boston at Montreal, 7:30 p.m.
Thursday, April 21
Boston at Montreal, 7 p.m.
Saturday, April 23
x-Montreal at Boston, 7 p.m.
Tuesday, April 26
x-Boston at Montreal, TBA
Wednesday, April 27
x-Montreal at Boston, TBA
Pittsburgh (4) vs. Tampa Bay (5)
Tomorrow's game
Tampa Bay at Pittsburgh, 7 p.m.
Friday's game
Tampa Bay at Pittsburgh, 7 p.m.
Monday, April 18
Pittsburgh at Tampa Bay, 7:30 p.m.
Wednesday, April 20
Pittsburgh at Tampa Bay, 7:30 p.m.
Saturday, April 23
x-Tampa Bay at Pittsburgh, TBA
Monday, April 25
x-Pittsburgh at Tampa Bay, TBA
Wednesday, April 27
x-Tampa Bay at Pittsburgh, TBA

WESTERN CONFERENCE

Vancouver (1) vs. Chicago (8)
Tomorrow's game
Chicago at Vancouver, 10 p.m.
Friday's game
Chicago at Vancouver, 10 p.m.
Sunday, April 17
Vancouver at Chicago, 8 p.m.
Tuesday, April 19
Vancouver at Chicago, 8 p.m.
Thursday, April 21
x-Chicago at Vancouver, 10 p.m.
Sunday, April 24
x-Vancouver at Chicago, 8 p.m.
Tuesday, April 26
x-Chicago at Vancouver, TBA
San Jose (2) vs. Los Angeles (7)
Thursday's game
Los Angeles at San Jose, 10 p.m.
Saturday's game
Los Angeles at San Jose, 10 p.m.
Tuesday, April 19
San Jose at Los Angeles, 10:30 p.m.
Thursday, April 21
San Jose at Los Angeles, 10:30 p.m.
Saturday, April 23
x-Los Angeles at San Jose, 10:30 p.m.
Monday, April 25
x-San Jose at Los Angeles, TBA
Wednesday, April 27
x-Los Angeles at San Jose, TBA
Detroit (3) vs. Phoenix (6)
Tomorrow's game
Phoenix at Detroit, 7 p.m.
Saturday, April 16
Phoenix at Detroit, 1 p.m.
Monday, April 18
Detroit at Phoenix, 10:30 p.m.
Wednesday, April 20
Detroit at Phoenix, 10:30 p.m.
Friday, April 22
x-Phoenix at Detroit, 7 p.m.
Sunday, April 24
x-Detroit at Phoenix, TBA
Wednesday, April 27
x-Phoenix at Detroit, TBA
Anaheim (4) vs. Nashville (5)
Tomorrow's game
Nashville at Anaheim, 10:30 p.m.
Friday's game
Nashville at Anaheim, 10:30 p.m.
Sunday, April 17
Anaheim at Nashville, TBA
Wednesday, April 20
Anaheim at Nashville, TBA
Friday, April 22
x-Nashville at Anaheim, 10 p.m.
Sunday, April 24
x-Anaheim at Nashville, TBA
Tuesday, April 26
x-Nashville at Anaheim, TBA
x — played only if necessary.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	41	63	104
St. Louis, TB	31	68	99
Perry, Ana	50	48	98
H.Sedin, Vcr	19	75	94
Stamkos, TB	45	46	91
Iginla, Cal	43	43	86
Ovechkin, Wash	32	53	85
Selanne, Ana	31	49	80
Zetterberg, Det	24	56	80
B.Richards, Dal	28	49	77
E.Staal, Car	33	43	76
Toews, Chi	32	44	76
C.Giroux, Pha	25	51	76
Getzlaf, Ana	19	57	76

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Chicago	60	20	.750	—
y-Miami	57	24	.704	3½
y-Boston	55	26	.679	5½
x-Orlando	51	30	.630	9½
x-Atlanta	44	37	.543	16½
x-New York	42	38	.525	18
x-Philadelphia	41	40	.506	19½
x-Indiana	37	44	.457	23½
Milwaukee	34	47	.420	26½
Charlotte	33	48	.407	27½
Detroit	29	52	.358	31½
New Jersey	24	57	.296	36½
Washington	23	58	.284	37½
Toronto	22	59	.272	38½
Cleveland	18	63	.222	42½

WESTERN CONFERENCE

	W	L	Pct	GB
z-San Antonio	61	19	.763	—
y-L.A. Lakers	55	25	.688	6
x-Dallas	55	25	.688	6
y-Oklahoma City	54	26	.675	7
x-Denver	49	31	.613	12
x-Portland	47	33	.588	14
x-Memphis	46	34	.575	15
x-New Orleans	46	35	.568	15½
Houston	42	38	.525	19
Phoenix	38	42	.475	23
Utah	38	43	.469	23½
Golden State	35	45	.438	26
L.A. Clippers	31	50	.383	30½
Sacramento	24	56	.300	37
Minnesota	17	63	.213	44

x-clinched playoff spot; **y**-clinched division
z-clinched conference
Last night's results
Miami 98, Atlanta 90
Charlotte 105, New Jersey 103
Orlando 95, Philadelphia 85
Washington 95, Boston 94, OT
Cleveland 110, Detroit 101
Milwaukee 93, Toronto 86
Utah 90, New Orleans 78
Dallas at Houston
Golden State at Denver
Minnesota at Phoenix
Oklahoma City at Sacramento
Sunday's results
Chicago 102, Orlando 99
Miami 100, Boston 77
Memphis 111, New Orleans 89
Detroit 112, Charlotte 101
Toronto 99, New Jersey 92
New York 110, Indiana 109
Dallas 115, Phoenix 90
Sacramento 104 Golden State 103
Oklahoma City 120 L.A. Lakers 106
Tonight's games
Chicago at New York, 8 p.m.
Memphis at Portland, 10 p.m.
San Antonio at L.A. Lakers, 10:30 p.m.
Tomorrow's games
New York at Boston, 8 p.m.
Atlanta at Charlotte, 8 p.m.
Washington at Cleveland, 8 p.m.
Indiana at Orlando, 8 p.m.
Detroit at Philadelphia, 8 p.m.
Miami at Toronto, 8 p.m.
New Jersey at Chicago, 8 p.m.
New Orleans at Dallas, 8 p.m.
Houston at Minnesota, 8 p.m.
Milwaukee at Oklahoma City, 8 p.m.
Denver at Utah, 8 p.m.
Portland at Golden State, 10:30 p.m.
Memphis at L.A. Clippers, 10:30 p.m.
San Antonio at Phoenix, 10:30 p.m.
L.A. Lakers at Sacramento, 10:30 p.m.
END OF 2010-11 REGULAR SEASON

SOCCER

ENGLAND
PREMIER LEAGUE

Yesterday's result
Liverpool 3 Manchester City 0

SPAIN
LA LIGA

Yesterday's result
Zaragoza 2 Getafe 1

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	6	3	.667	—
New York	5	4	.556	1
Toronto	5	4	.556	1
Boston	2	7	.222	4
Tampa Bay	1	8	.111	5

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	7	2	.778	—
Chicago	6	3	.667	1
Kansas City	6	3	.667	1
Minnesota	3	6	.333	4
Detroit	3	7	.300	4½

WEST DIVISION

	W	L	Pct	GB
Texas	9	1	.900	—
Los Angeles	5	4	.556	3½
Oakland	4	5	.444	4½
Seattle	2	7	.222	6½

Yesterday's results
Texas 2 Detroit 0
Tampa Bay at Boston
Oakland at Chicago White Sox
Cleveland at L.A. Angels
Toronto at Seattle
Sunday's results
L.A. Angels 3 Toronto 1
Boston 4 N.Y. Yankees 0
Chicago White Sox 6 Tampa Bay 1
Cleveland 6 Seattle 4
Kansas City 9 Detroit 5
Oakland 5 Minnesota 3
Texas 3 Baltimore 0
Today's games
Texas (C.Wilson 1-0) at Detroit (Penny 0-1), 1:05 p.m.
Baltimore (Tillman 0-0) at N.Y. Yankees (A.J.Burnett 2-0), 7:05 p.m.
Tampa Bay (Price 0-2) at Boston (Lester 0-0), 7:10 p.m.
Kansas City (Francis 0-0) at Minnesota (Duensing 0-0), 8:10 p.m.
Oakland (Cahill 1-0) at Chicago White Sox (E.Jackson 2-0), 8:10 p.m.
Cleveland (Carmona 0-1) at L.A. Angels (Haren 2-0), 10:05 p.m.
Toronto (R.Romero 1-0) at Seattle (Pineda 0-1), 10:10 p.m.

SUNDAY

ANGELS 3, BLUE JAYS 1

Toronto	ab	r	h	bi	Los Angeles	ab	r	h	bi
RDavis cf	2	0	0	0	Bourjos cf	4	0	1	2
JMcDnl 3b	1	0	1	0	HKndrc 2b	2	1	0	0
YEscor ss	2	0	1	1	Abreu rf	4	0	1	0
Bautist rf	3	0	0	0	TrHntr dh	3	0	1	1
Lind 1b	4	0	0	0	V.Wells lf	4	0	0	0
A.Hill 2b	4	0	0	0	Callasp 3b	3	1	1	0
JRiver dh	4	0	0	0	Trumo 1b	4	1	1	0
Snider lf-cf	4	0	1	0	BoWlsn c	3	0	0	0
J.Nix 3b-lf	3	0	0	0	B.Wood ss	3	0	1	0
JMolin c	3	1	1	0					
Totals	**30**	**1**	**4**	**1**	**Totals**	**30**	**3**	**6**	**3**
Toronto					**000 001 000**		**1**		
Los Angeles					**100 200 00x**		**3**		

E—R.Davis (1). DP—Toronto 1. LOB—Toronto 6, Los Angeles 7. 2B—J.Molina (1). 3B—Bourjos (1).

Toronto	IP	H	R	ER	BB	SO
Jo-.Reyes L,0-1	7	6	3	1	1	6
Purcey	2-3	0	0	0	2	0
Richmond	1-3	0	0	0	0	0
Los Angeles						
Weaver W,3-0	7	2-3	4	1	1	4	15
Takahashi H,2	1-3	0	0	0	0	0
Rodney S,2-3	1	0	0	0	0	1

T—2:48. A—43,525 (45,389).

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	7	2	.778	—
Florida	5	4	.556	2
New York	4	5	.444	3
Washington	4	5	.444	3
Atlanta	4	6	.400	3½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	6	3	.667	—
Milwaukee	5	5	.500	1½
Pittsburgh	5	5	.500	1½
Chicago	4	5	.444	2
St. Louis	3	6	.333	3
Houston	2	7	.222	4

WEST DIVISION

	W	L	Pct	GB
Colorado	6	2	.750	—
Los Angeles	5	4	.556	1½
Arizona	4	4	.500	2
San Diego	4	4	.500	2
San Francisco	4	5	.444	2½

Yesterday's results
Colorado at N.Y. Mets
Chicago Cubs at Houston
St. Louis at Arizona
Cincinnati at San Diego
L.A. Dodgers at San Francisco
Sunday's results
Arizona 10 Cincinnati 8
Colorado 6 Pittsburgh 5
Houston 7 Florida 1
Milwaukee 6 Chicago Cubs 5
Philadelphia 3 Atlanta 0
San Diego 7 L.A. Dodgers 2
St. Louis 6 San Francisco 1
Washington 7 N.Y. Mets 3 (11 ings)
Tonight's games
Milwaukee at Pittsburgh, 7:05 p.m.
Philadelphia at Washington, 7:05 p.m.
Colorado at N.Y. Mets, 7:10 p.m.
Florida at Atlanta, 7:10 p.m.
Chicago Cubs at Houston, 8:05 p.m.
St. Louis at Arizona, 9:40 p.m.
Cincinnati at San Diego, 10:05 p.m.
L.A. Dodgers at San Francisco, 10:15 p.m.

TENNIS

ATP MONTE CARLO MASTERS

At Monte Carlo, Monaco
Yesterday's seeded results
Singles
First Round
Nicolas Almagro (9), Spain, def. Marcel Granollers, Spain, 6-3, 6-3.
Florian Mayer, Germany, def. Mikhail Youzhny (10), Russia, 6-3, 2-6, 6-3.
Viktor Troicki (11), Serbia, def. Jean-Rene Lisnard, Monaco, 7-6 (4), 6-1.
Jo-Wilfried Tsonga (12), France, def. Juan Monaco, Argentina, 4-6, 6-3, 6-2.
Richard Gasquet (13), France, def. Denis Istomin, Uzbekistan, 5-7, 6-3, 6-4.
Marin Cilic (15), Croatia, def. Filippo Volandri, Italy, 6-2, 6-1.
Doubles
First Round
Richard Gasquet, France, and Ivan Ljubicic, Croatia, def. Nicolas Almagro, Spain, and **Milos Raonic, Thornhill, Ont.,** 6-3, 6-2.

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metro play

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Worn out Raps fall to Bucks down the stretch

Brandon Jennings broke free for three straight fast-break scores to give Milwaukee the lead in the fourth quarter, and the Bucks held on to beat the undermanned Toronto Raptors 93-86 last night.

John Salmons scored 24 points and Jennings added 21 for the Bucks in their final home game of what has been a disappointing season.

BUCKS	RAPTORS
93	86

Jerryd Bayless scored 20 for Toronto in a matchup between two teams eliminated from playoff contention. The injury-riddled Raptors used only eight players.

The Raptors were missing seven players including Andrea Bargnani, Jose Calderon and Reggie Evans. Toronto was playing the second game of a back-to-back after beating New Jersey 99-92 Sunday afternoon.

THE ASSOCIATED PRESS

JEFFREY PHELPS/THE ASSOCIATED PRESS

▶ Toronto's DeMar DeRozan has his shot blocked by the Bucks' Drew Gooden in Milwaukee last night.

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Shaman

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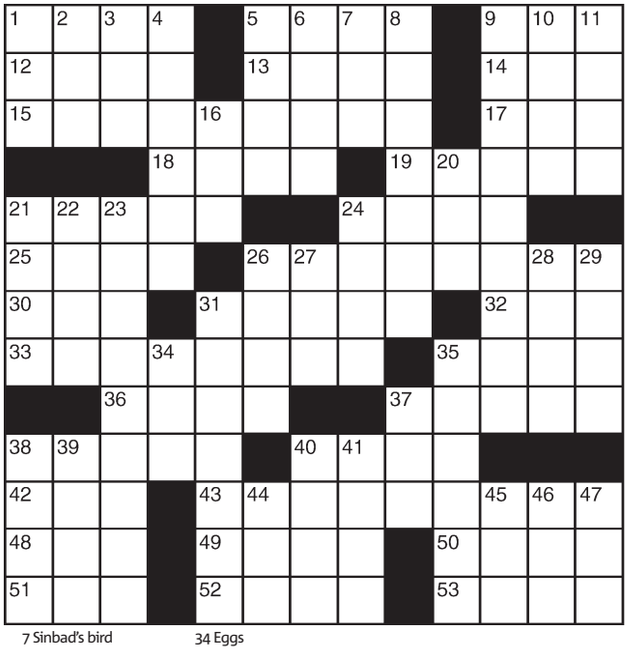

Across

1 Loony
5 Actress Sorvino
9 "That's a laugh!"
12 Reed instrument
13 Black, in poetry
14 Hearty brew
15 Mouth organ
17 Tier
18 Asset
19 Physician of ancient Greece
21 Was sore
24 Great Lake
25 Carson predecessor
26 "All Quiet on the Western Front" author
30 Blunder
31 Automaton
32 "Born in the —"
33 Suave
35 Hastened
36 Terrible guy?
37 Gives temporarily
38 Dr. Salk
40 Entrance
42 Early bird?
43 Teen sibs of whodunit fame
48 Before
49 Did surveillance on
50 Touch
51 Apiece
52 Stitches
53 Viscous

Down

1 Homer's outcry
2 Lawyers' org.
3 Supporting
4 Composure
5 Options list
6 Wading bird
7 Sinbad's bird
8 Turn of phrase?
9 Pantomime jester
10 Lotion additive
11 Chopped
16 Antiquated
20 Melody
21 Mimicked
22 Give a darn
23 Omen
24 Like certain profs.
26 Equine coloration
27 Inventor Whitney
28 Second-hand
29 George of "CSI"
31 Grinds one's teeth
34 Eggs
35 Kind of tea
37 Myrna of Hollywood
38 Military vehicle
39 Shrek is one
40 Sketched
41 Probability
44 Sailor's assent
45 Japanese sash
46 "Tasty!"
47 Messy place

▶ Yesterday's answer

A	J	A	R	■	O	L	D	■	A	S	P	S
M	A	N	E	A	T	E	R	■	B	E	E	P
P	R	I	X	F	I	X	E	■	B	A	R	E
■	■	■	A	R	S	■	A	T	O	M	I	C
A	N	G	L	O	■	B	R	U	T	■	■	■
P	O	O	L	■	C	L	I	N	T	O	N	■
E	R	R	■	S	H	U	L	A	■	D	E	S
■	M	Y	S	T	E	R	Y	■	M	O	S	T
■	■	■	K	E	Y	S	■	F	O	R	T	Y
E	X	H	U	M	E	■	A	I	D	■	■	■
I	R	O	N	■	N	E	X	T	E	X	I	T
R	A	N	K	■	N	A	I	S	M	I	T	H
E	Y	E	S	■	E	R	S	■	S	I	T	E

Sudoku

3	2						8	6
			3		2			
5		6				4		3
		1	7		6	3		
	9						6	
		3	4		8	2		
8		2				5		4
			6		5			
1	4						7	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	8	3	2	7	9	4	5	6
2	4	6	1	8	5	3	7	9
7	9	5	4	3	6	8	2	1
3	6	4	5	9	7	2	1	8
8	7	2	3	6	1	9	4	5
9	5	1	8	4	2	6	3	7
5	3	7	9	2	8	1	6	4
4	1	8	6	5	3	7	9	2
6	2	9	7	1	4	5	8	3

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Michael, Happy Birthday sweetheart. I cant imagine if we didn't bump into each other that day. Im sorry I couldnt pull through this weekend. Your amazing, smart, funny & sexy but hurry up & fix yourself so we can run away together. **B**

Alex, words can not describe how much I adore you. I am so excited to marry you and start a family with you! I couldn't have asked for a better husband-to-be! I LOVE YOU!!! **CHRISTI**

Bling Bling Jonghyun Happy birthday pupsaurus! Wish you all the best and may SHINee continues to shine forever~<3 **XOXO CARMEN**

Today
13°/5°
Variable
Wednesday
15°/5°
Partly cloudy
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The more you're tempted to take a risk, the more you should remind yourself there's no need.

♉ Taurus April 21-May 21 What looks like a problem now won't be one for long.

♊ Gemini May 22-June 21 If you make an error of some kind today, you must put it right the first chance you get.

♋ Cancer June 22-July 22 If you are not entirely sure you are doing the right thing, it might be better to do nothing at all.

♌ Leo July 23-Aug.23 Be careful what you say because a rival is looking for a reason to catch you and make you look bad.

♍ Virgo Aug. 24- Sept. 22 If you have skeletons in your closet, you must have a plan for when they're revealed.

♎ Libra Sept. 23-Oct. 23 Someone will say things to provoke you. Don't take the bait.

♏ Scorpio Oct. 24-Nov. 22 It's good to take your responsibilities seriously but don't let them take over your entire life.

♐ Sagittarius Nov. 23-Dec. 21 Be wary of someone who tries to coax you into taking a risk.

♑ Capricorn Dec. 22-Jan. 20 You are not responsible for all the bad things that happen in other people's lives.

♒ Aquarius Jan. 21-Feb. 18 Stick with what you have got, at least for the moment, and don't get greedy.

♓ Pisces Feb. 19-March 20. An individual who lacks common senese needs your help today.

SALLY BROMPTON

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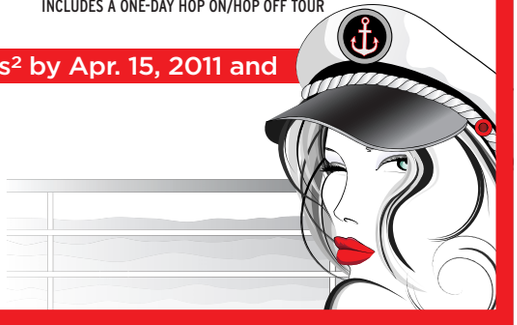

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